

Physical Self-Care

Spiritual Self-Care

**Personal
Self-Care &
Wellness for
the Socially
Conscious
Worksheet**

Mental/Emotional Self-care

People & Connection Self-Care

Lifestyle Self-Care

Using the completed sheet as your guide, list actions for each category that you want to do more of/change. If it helps you to not get too overwhelmed, just pick one or two for each category. Write in the box how and when you will do these items.

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