



Self-Care Worksheet

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* Taking care of your mental, physical, and emotional well-being is essential for success, especially during busy or stressful times. This worksheet will guide you in developing a balanced self-care routine to help you feel more grounded, energized, and focused.

1 Self-Care Awareness

First, take a moment to assess your current self-care habits and identify areas that may need improvement.

Self-Care Area	Current Habit	Area for Improvement
Physical	(e.g., exercise, sleep, nutrition)	
Emotional	(e.g., emotional expression, stress management)	
Social	(e.g., relationships, support networks)	
Mental	(e.g., relaxation, hobbies, learning)	
Spiritual	(e.g., mindfulness, connection, meditation)	

2 Identifying Your Self-Care Needs

Reflect on each of these categories to identify where your focus should be. Prioritize the areas that feel most important to you right now.

Self-Care Category	Why is this important to me right now?	What do I need?
Physical	(e.g., lack of sleep, need for exercise)	(e.g., more sleep, workout routine, healthy meals)
Emotional	(e.g., feeling stressed, need to process emotions)	(e.g., journaling, talking to a friend)
Social	(e.g., isolation, longing for connection)	(e.g., call a friend, attend a social event)
Mental	(e.g., mental fatigue, need for relaxation)	(e.g., taking breaks, engaging in a hobby)
Spiritual	(e.g., need for grounding, connection to something greater)	(e.g., meditation, quiet time in nature)



3 Self-Care Action Plan

Plan specific actions you can take to improve your self-care in each category. Be realistic and choose actions you can actually do.

Self-Care Category	Action Plan	Timeframe
Physical	(e.g., go for a walk, get 8 hours of sleep, eat more vegetables)	(e.g., daily weekly)
Emotional	(e.g., journal for 10 minutes, talk to a counselor, express feelings to a friend)	(e.g., as needed, weekly)
Social	(e.g., reach out to a family member, attend a group activity)	(e.g., weekly, biweekly)
Mental	(e.g., take 5-minute breaks every hour, read a book for pleasure)	(e.g., daily, during study breaks)
Spiritual	(e.g., meditate for 10 minutes, practice gratitude)	(e.g., daily weekly)

4 Overcoming Barriers to Self-Care

Identify any obstacles that might prevent you from practicing self-care and think of solutions for overcoming them.

Potential Barrier	Solution
Lack of Time	(e.g., schedule self-care into your calendar, prioritize it)
Feeling of Guilt	(e.g., schedule self-care into your calendar, prioritize it)
Lack of Motivation	(e.g., schedule self-care into your calendar, prioritize it)
Stress or Overwhelm	(e.g., schedule self-care into your calendar, prioritize it)

5 Reflection and Tracking

To ensure you're following through with your self-care, reflect on your progress and track your habits.

Reflection Question	Your Answer
What self-care activities worked best for me this week?	
How did I feel before and after practising self-care?	
What changes did I notice in my mood or energy levels?	
What can I improve for next week?	



6 Weekly Self-Care Schedule

Use this space to create a weekly plan for practicing self-care. Be specific about which activities you'll do each day.

Day	Physical	Emotional	Social	Mental	Spiritual
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

5 Self-Care Affirmations

Use these affirmations to remind yourself of the importance of self-care.

- "I deserve to take time for myself and prioritize my well-being."
- "Taking care of myself allows me to show up fully in my studies and life."
- "I am worthy of rest, relaxation, and joy."
- "Every small act of self-care is a step toward greater balance and success."



By using this Self-Care Worksheet, you can build a well-rounded routine that nurtures your physical, emotional, and mental health, helping you stay energized and motivated in all areas of life. Regular self-care is essential to achieving long-term success and happiness.