

Self-Care Goals

“Self-care” refers to activities and practices that are engaged in on a regular basis to maintain and enhance a person’s short- and long-term health and well-being. This worksheet is designed to help you follow through with your goals in your self-care program. After taking the **Self-Care Assessment**, select one or more of the categories below that you want to work on in a given time frame. Set realistic goals and identify any challenges you might face along the way.

Today's Date: _____ Timeframe for these goals: Today This Week This Month

Physical Self-Care

What I am ALREADY doing:

What I WANT TO START doing:

Psychological Self-Care

ALREADY doing:

START doing:

Emotional Self-Care

ALREADY doing:

START doing:

Spiritual Self-Care

ALREADY doing:

START doing:

Relationship Self-Care

ALREADY doing:

START doing:

Professional Self-Care

ALREADY doing:

START doing:

Adapted from:

1. University of Michigan's Weekly Motivator (<https://campusmindworks.org/downloads/WeeklyMotivator.pdf>)
2. <http://www.deliveringhappiness.com/self-care-is-not-selfish-care>
3. <http://www.socialwork.buffalo.edu/students/self-care/>

Self-Care Goals

Overall Balance

How are you balancing the many needs in your life and what can you do to improve your feelings of balance?

Other Relevant Areas

What other types of self-care do you enjoy and want to start or continue doing?

My Specific Goal(s)

My Goal(s):

Step 1:

Step 2:

Step 3:

On a scale from 1 to 10 (with 1 being "unlikely" and 10 being "very likely"), how likely are you to follow through with these self-care activities or goals during your designated time frame? _____

What might get in the way?

What are some possible ways you can overcome these barriers?

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