

Identify 2 domains you feel you would benefit from additional self-care. Then identify 1 strategy for each domain to improve your self-care.

**6 Domains Examples:**

- **Physical:** sleep, nutrition, exercise, going to doctor
- **Emotional:** journaling, talking about feelings, counseling
- **Cognitive:** reading for pleasure, writing, continued education
- **Social:** spending time with family and friends, having fun, belonging to groups
- **Financial:** balancing checkbook, planning for future, budgeting
- **Spiritual:** prayer, meditation, contact with nature

Self-Care Domain	Strategy 1

**Weekly Self-Care Schedule**

Now schedule time in your week for at least 3 self-care strategies.

Domain	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

**What small daily commitments are you making?**

- Allowing extra time in the morning
- Prioritizing your “to do list”
- Creating time for stillness
- Expressing gratitude
- Assessing new commitments
- Other: \_\_\_\_\_

**What new habits do you need to create? Establish a cue, routine and reward for each.**

<b>New Habit</b>	<b>Cue</b>	<b>Routine</b>	<b>Reward</b>
<i>Weekly meal planning</i>	<i>Meal plan section on planner</i>	<i>Set meals over Sat morning coffee</i>	<i>Dinner out on Friday</i>