



Self-Care Worksheets



★ Season _____

★ Daily Needs

★ Weekly Needs

★ Neat things about me

★ Notes

Interdependence
 Collaboration
 Empathy

Dignity in being, not in doing.



Self-Care Worksheets



★ Season _____

★ _____ ★ _____

_____	_____
_____	_____
_____	_____
_____	_____

★ Ways to calm and ground myself

_____	_____
_____	_____
_____	_____
_____	_____

★ Notes

Take a step back. Take a breath.
 What do you need right now?

Self-care is radical!