

# Choosing You: Self-Care Starter Worksheet

## Energy Audit

Use the chart below to rate each area of your life. Are you feeling drained, balanced, or energized?

Work:

Home Responsibilities:

Relationships:

Social Media:

Physical Health:

Mental Health:

Sleep:

Write down what's draining your energy the most. These are the areas that may need the most self-care support.

## Create Your Self-Care Menu

Fill in a few ideas under each emotional state to create a flexible self-care menu.

When I feel overstimulated:

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When I feel anxious:

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When I feel disconnected:

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When I feel exhausted:

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## Habit Stack Planner

Think of tasks you already do daily. How can you add a small act of self-care to them?

Example:

During my morning coffee, I will \_\_\_\_\_.

Your Turn:

During \_\_\_\_\_, I will \_\_\_\_\_.

During \_\_\_\_\_, I will \_\_\_\_\_.

During \_\_\_\_\_, I will \_\_\_\_\_.

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## Self-Care Proof Log

Use this space to track small wins - moments when you showed up for yourself. One line a day is enough.

Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 3: \_\_\_\_\_

Day 4: \_\_\_\_\_

Day 5: \_\_\_\_\_