## SELF-CARE ASSESSMENT WORKSHEET

### PAST, PRESENT, AND FUTURE

<table>
<thead>
<tr>
<th>Domains of Self-Care:</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Body: physical</td>
<td>Emotional: letting ourselves feel our feelings</td>
</tr>
<tr>
<td>Mind: what we think about</td>
<td>Intellectual: poetry and literature</td>
</tr>
<tr>
<td>Spiritual: religious or spiritual practices</td>
<td>Social: knowing we’re not alone even if we’re distant</td>
</tr>
</tbody>
</table>

What is a self-care practice you did in the past that really worked for you but that you no longer do?

- Why did you stop?

What is a self-care practice you do in the present that works well for you?

- Do you think you will continue it?
- What could interfere with you continuing it?

What is one self-care practice you would like to try or commit to in the future?

- Why have you not tried or committed to it yet?
- What needs to happen for you to do it?

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Adapted with permission from Elizabeth Connors, 2020