



Growing My Self-Care in 2022

Questions to help you reflect on how you want self-care to shift this year

What worked last year that I want to keep this year?

Which self-care category is important to me this year? Categories include: emotional, physical, relational, occupational, cultural and spiritual self-care.

If you aren't sure where to start, take this assessment:
[Self-Care Inventory](#)

Write down your self-care mantra for the year. Example: "Taking care of me is also taking care of my kids," or, "My needs are important too."

What is one wild self-care dream? How could I make part or all of it come true in 2022?
