

# My S.M.A.R.T. Self-Care Goal



Research has shown that writing down your goals and sharing them with a supportive person increases your chances of following through. Use this worksheet to help you move forward on your self-care journey.

**Pick 1-2 self-care categories that you want to focus on (see next page for examples):**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Create a S.M.A.R.T. (specific, measurable, attainable, realistic, and timely) goal related to one of the categories you created:**

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**What is an obstacle that might get in the way?**

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**What are 1-2 ways you can cope with this obstacle?**

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**Pick one person to share your self-care goal with:**

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**Create a personalized self-care mantra to keep you motivated:**

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# Self-Care Inspiration

## Emotional Self-Care:

- Creative writing, journaling
- Gratitude list
- Send a letter/text of appreciation
- Coloring, creative art projects, crafts
- Listen to or write music
- Snuggle with loved ones, pets, cozy blankets
- Massage your back or feet with a tennis ball
- Try a meditation app
- Loving Kindness meditation
- Laugh with a friend or watch a funny movie
- Spend time in nature
- Drink hot cocoa or tea
- Do a face mask or put on a lovely smelling lotion
- Take a bath or try shower steamers
- Follow inspiring social media accounts
- Unplug from devices
- Visualize your goals and dreams
- Set S.M.A.R.T. goals
- Write down your strengths
- Make a list of your favorite quotes
- Hand-On-Heart self-compassion exercise
- Share your feelings with a safe person or journal
- Ask for help
- Perform a random act of kindness for yourself
- Perform a random act of kindness for someone else

## Relational Self-Care:

- Reach out to a loved one
- Tell a loved one why you appreciate them
- Go on a date night with a significant other or yourself

## Financial Self-Care:

- Find a budgeting style that works for you
- Set financial goals
- Create a family manifesto about finances

## Cultural Self-Care

- Volunteer or donate with a local organization
- Attend a concert or go to a museum

## Physical Self-Care:

- Get 7-9 hours of sleep per night
- Move your body (e.g. Yoga, Tai Chi, workout video)
- Take a walk outside
- Stay hydrated
- Eat regular meals and snacks
- Mindfully eat some comfort food
- Take your medications as prescribed
- Follow up with your medical providers

## Environmental Self-Care:

- Tidy or organize
- Create a donate pile
- Decorate your home
- Light a candle
- Add plants to your living space
- Try a diffuser

## Occupational Self-Care:

- Organize your to-do list
- Set boundaries between home and work
- Focus on projects that energize you
- Set an intention for the workday based on your core values
- Do something generous for your company or coworker

## Intellectual Self-Care:

- Read
- Listen to a podcast
- Watch a documentary, movie, or TV show
- Take an online class
- Teach yourself a new skill
- Do a puzzle

## Spiritual Self-Care:

- Connect to a higher power regardless of religion, this can be your wisest self
- Pray if you believe in prayer
- Meditate
- Read spiritual or self-help literature
- Talk to friends, loved ones, mentors, or spiritual leaders about your spiritual questions and beliefs



# My Self-Care Menu

Fill out this menu when you are feeling calm. You can use your personalized self-care ideas when you are feeling happy, stressed or any other emotion. In fact, the more you practice self-care activities when you are feeling content the easier it will be to use these nourishing tips when you are feeling depleted.

## Ways I can show myself kindness:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## People that make my heart happy:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Ways I like to move my body:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Items for my self-care kit or nook in my home:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





# Self-Care Quotes to Keep You Inspired

**YOU ARE ENOUGH.  
YOU DO ENOUGH.**

IT'S OKAY TO RELAX +  
LET GO.

**SELF-CARE  
MODELS SELF-  
LOVE FOR YOUR  
KIDS.**

KRISTI YEH

**"SELF-CARE IS  
HEALTH CARE."**

SUZY READING

**"IF YOUR COMPASSION DOES  
NOT INCLUDE YOURSELF, IT IS  
INCOMPLETE."**

JACK KORNFIELD

**"IT TAKES COURAGE TO SAY YES  
TO REST AND PLAY IN A CULTURE  
WHERE EXHAUSTION IS SEEN AS A  
STATUS SYMBOL."**

BRENÉ BROWN

**"TRUE SELF-CARE IS  
FIGURING OUT WHAT  
WORKS FOR YOU, AND  
HONORING WHAT YOUR  
NEEDS ARE, WORKING  
WITHIN YOUR  
LIMITATIONS."**

FARIHA RÓISÍN

