



Making Your Self-Care Non-Negotiable

This worksheet is based on G. Michelle Goodloe's book, "The Self-Care Investment: Your Guide to Making Your Self-Care Non-Negotiable."

My why for self-care is...

One way I can challenge self-care guilt is...

One way I can measure my self-care goals is by...

A self-care role model that inspires me is...

One way I can keep myself accountable is by...

