**The Self-Care**





**Workbook**

What does Self-Care mean to you?

How well do you think you care for yourself currently?

What do you do to care for yourself now?

What do you need to do to make sure you care for yourself in the future?

How could you care for yourself in better ways?

How often do you put the needs of others before yours?

What stops you from taking care of yourself?

How do you feel when you don’t take care of yourself?

What one thing can you do going forward to make the first step to having a new self-care practice?

What one step do you need to take to put this practice into effect?

How do you feel you will benefit by looking after yourself?

How will you value yourself more?

How will you show compassion towards yourself?

How will you remember yourself?

Do you need to improve your boundaries? If so, in what areas or with whom?

What frustrates or upsets you about the lack of good boundaries – how does it make you feel?

What first step can you take to work on each area?

(List them below and your ideas beside them.)

Why do you feel there is a lack of boundaries there in the first place?

How much time will you now give to your self-care? (You can create a self-care practice/daily schedule ~ eg. set the reminders on your phone. This is a great idea. )

“The most painful thing is losing yourself in the process of loving someone too much and forgetting that **you are special too.”**

**Ernest Hemmingway**