



# SELF-CARE PLANNING GUIDE

Workbook with Coloring Pages

Self-Care Planning Guide  
Workbook with Coloring Pages

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## TABLE OF CONTENTS

INTRODUCTION

SELF-DISCOVERY

SELF-ASSESSMENT

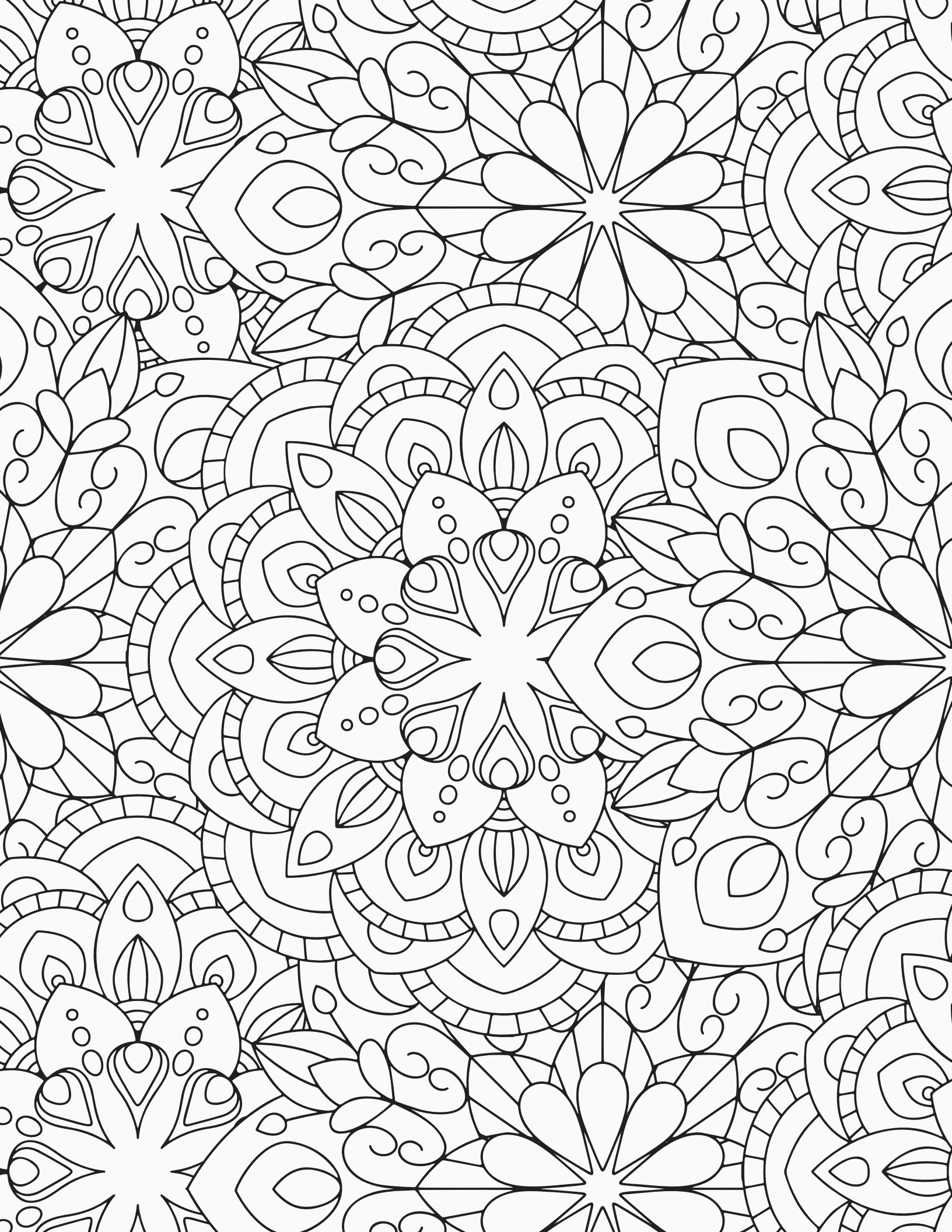
SELF-CARE STRATEGIES

SELF-CARE IN PRACTICE

SEEKING SUPPORT

CONCLUSION





## INTRODUCTION

When life gets overwhelming, self-care often takes a back seat. Even though we understand its importance, it's usually the first thing we set aside amidst packed schedules and pressing demands.

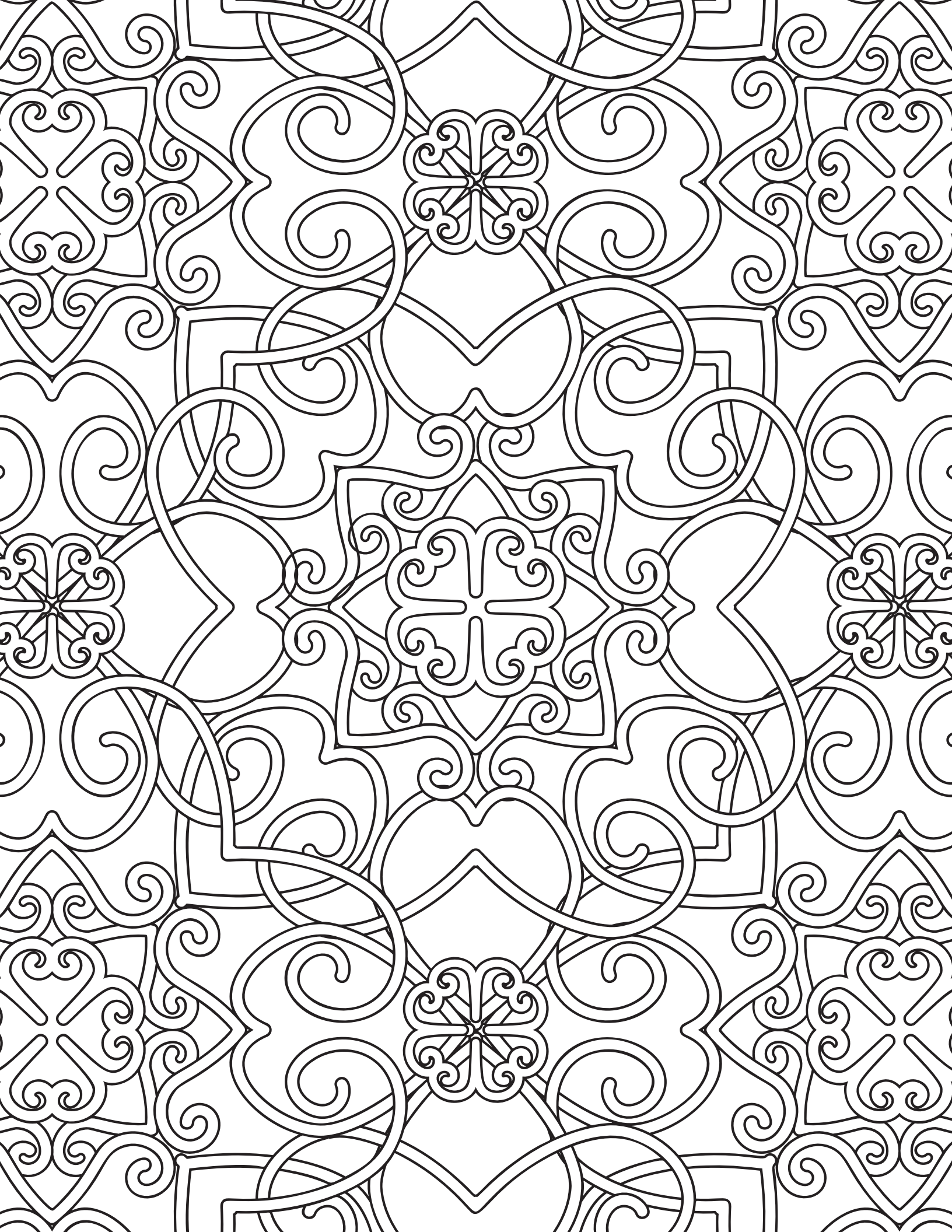
But self-care is not a luxury, it's a necessity. It's the cornerstone of our physical, mental, social, and spiritual well-being. True self-care means actively nurturing your health and happiness. It's not indulgent or selfish; it's essential for living a balanced, fulfilling life.

This workbook will help you reflect on how you care for yourself. It was designed to guide you as you create a personalized self-care plan. Take your time with each section, considering the questions thoughtfully.

For a deeper experience, print the coloring pages and use them as a meditative tool as you explore the prompts. You might also find it valuable to journal your thoughts in greater detail.

Let this guide be your starting point for embracing self-care and reconnecting with your well-being.





# SELF-DISCOVERY

Base your answers on the last 90 days.

## Physical Self-Care

- Are you getting enough sleep each night?
- Do you engage in regular physical exercise or activity?
- Do you have a balanced and nutritious diet?
- Are you staying hydrated and drinking enough water each day?
- Are you aware of your body's physical needs and are you attentive to them?

## Mental Self-Care

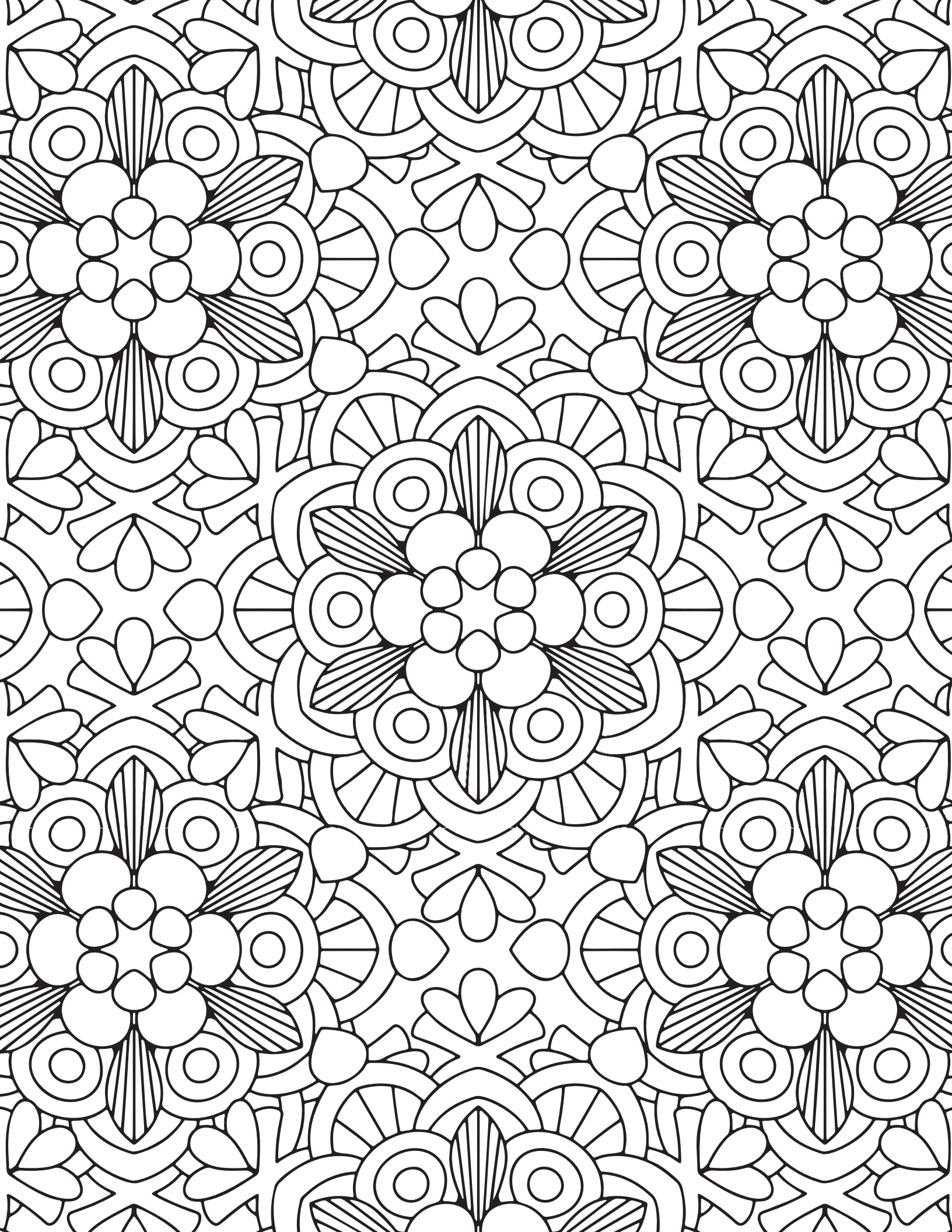
- Are you able to handle stress and anxiety in your daily life?
- Do you make time for activities that stimulate your mind and creativity?
- Do you practice a form of mindfulness or meditation?
- Are you able to maintain a healthy work-life balance?
- Do you engage in activities that you find intellectually fulfilling and enjoyable?

## Social Self-Care

- Do you nurture positive relationships in your life?
- Do you have a support system in place you can turn to in times of need?
- Do you set healthy boundaries in your relationships?
- Do you engage in activities that bring you joy and a sense of belonging?
- Are you able to communicate your needs and emotions to the people in your life?

## Spiritual Self-Care

- Are you in touch with your personal values and beliefs?
- Do you find meaning and purpose in your daily life?
- Are you involved in spiritual or religious practices that are important to you?
- Do you make time for mindfulness or other practices that nurture your spirit?
- Do you engage in activities that inspire reflection and personal growth?





# ASSESSING YOURSELF

Keep your answers to the section on Self-Discovery in mind.

## Physical Self Care

Which areas of my physical self-care need my attention?

- Sleep
- Nutrition
- Exercise/Movement
- Hydration
- Routine Healthcare

NOTE:

## Mental Self Care

Which areas of my mental self-care need my attention?

- Stress Management
- Creativity
- Mindfulness
- Balance
- Fulfillment/Enjoyment

NOTE:

## Social Self Care

Which areas of my social self-care need my attention?

- Relationships
- Support System
- Boundaries
- Belonging
- Communication

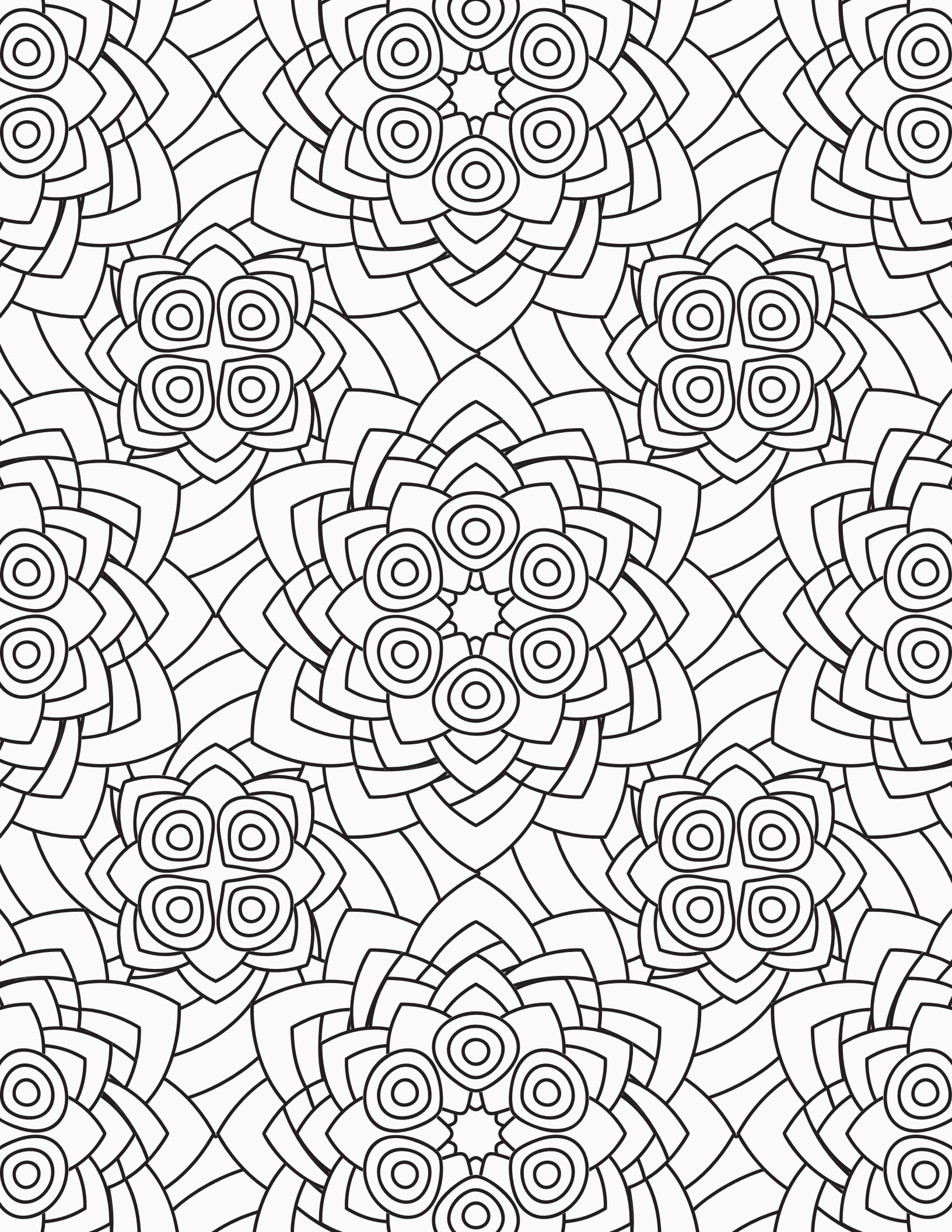
NOTE:

## Spiritual Self Care

Which areas of my spiritual self-care need my attention?

- Values
- Meaning
- Spiritual Practice
- Mindfulness
- Personal Growth

NOTE:



# SELF-CARE STRATEGIES

Planning gives you insight into the best and most sustainable options for self-care.

## Physical Self-Care

What will I do to improve my physical self-care?

Priorities:

- 1.
- 2.
- 3.

## Mental Self-Care

What will I do to improve my mental self-care?

Priorities:

- 1.
- 2.
- 3.

## Social Self-Care

What will I do to improve my social self-care?

Priorities:

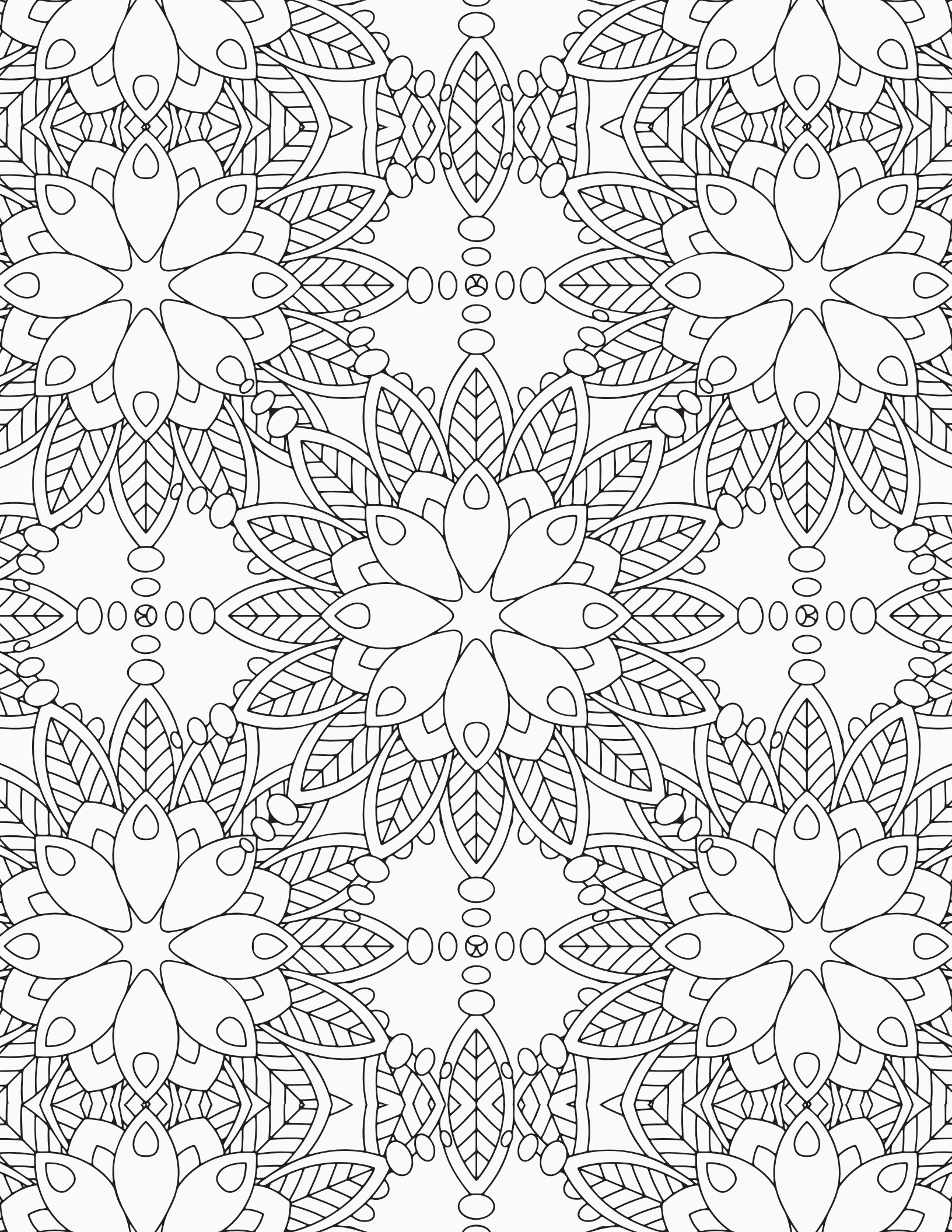
- 1.
- 2.
- 3.

## Spiritual Self-Care

What will I do to improve my spiritual self-care?

Priorities:

- 1.
- 2.
- 3.



# SELF-CARE IN PRACTICE

Write down three actions you can take on a daily basis to improve your self-care.

## Physical Self Care

I am willing to commit to the following to improve my physical self-care:

- 1.
- 2.
- 3.

## Mental Self Care

I am willing to commit to the following to improve my mental self-care:

- 1.
- 2.
- 3.

## Social Self Care

I am willing to commit to the following to improve my social self-care:

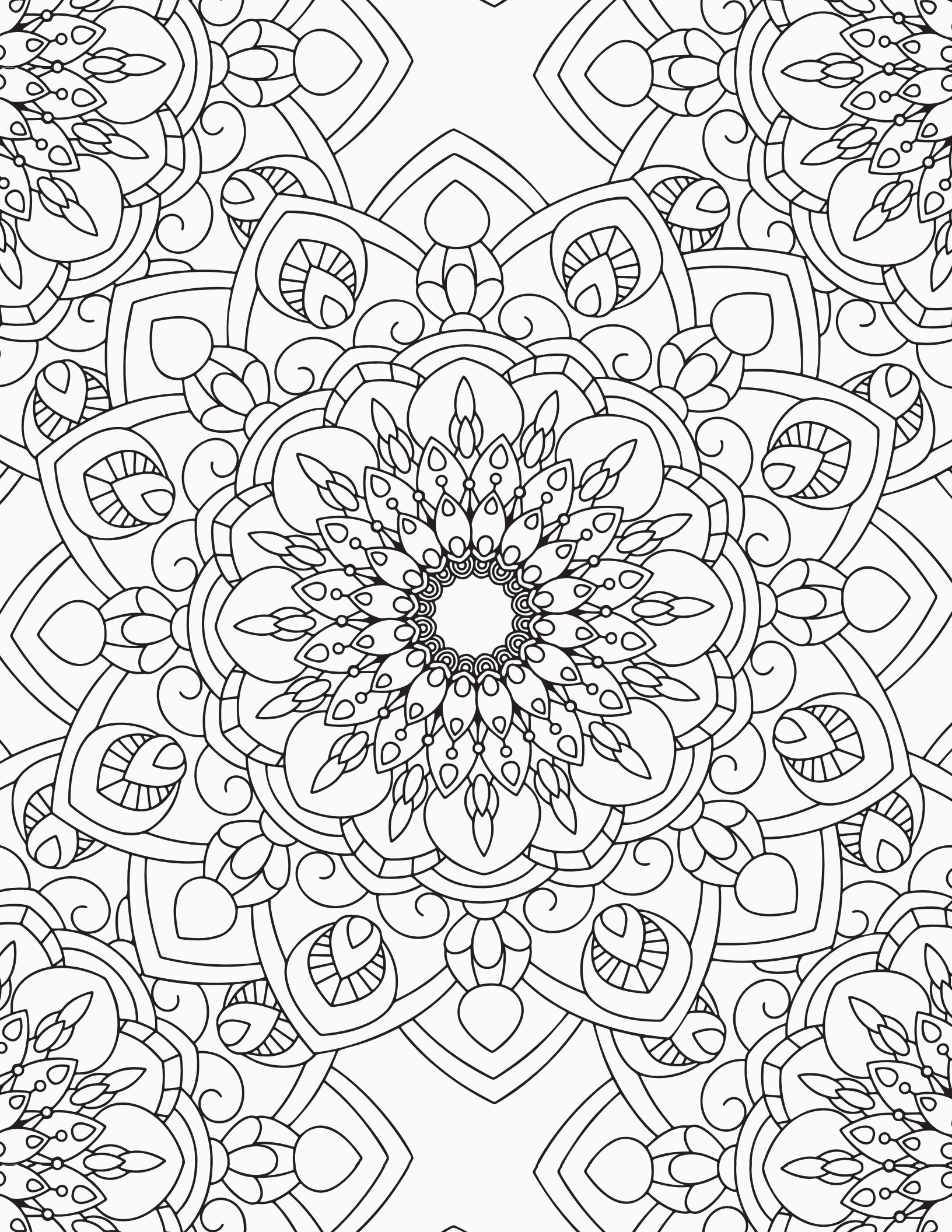
- 1.
- 2.
- 3.

## Spiritual Self Care

I am willing to commit to the following to improve my spiritual self-care:

- 1.
- 2.
- 3.



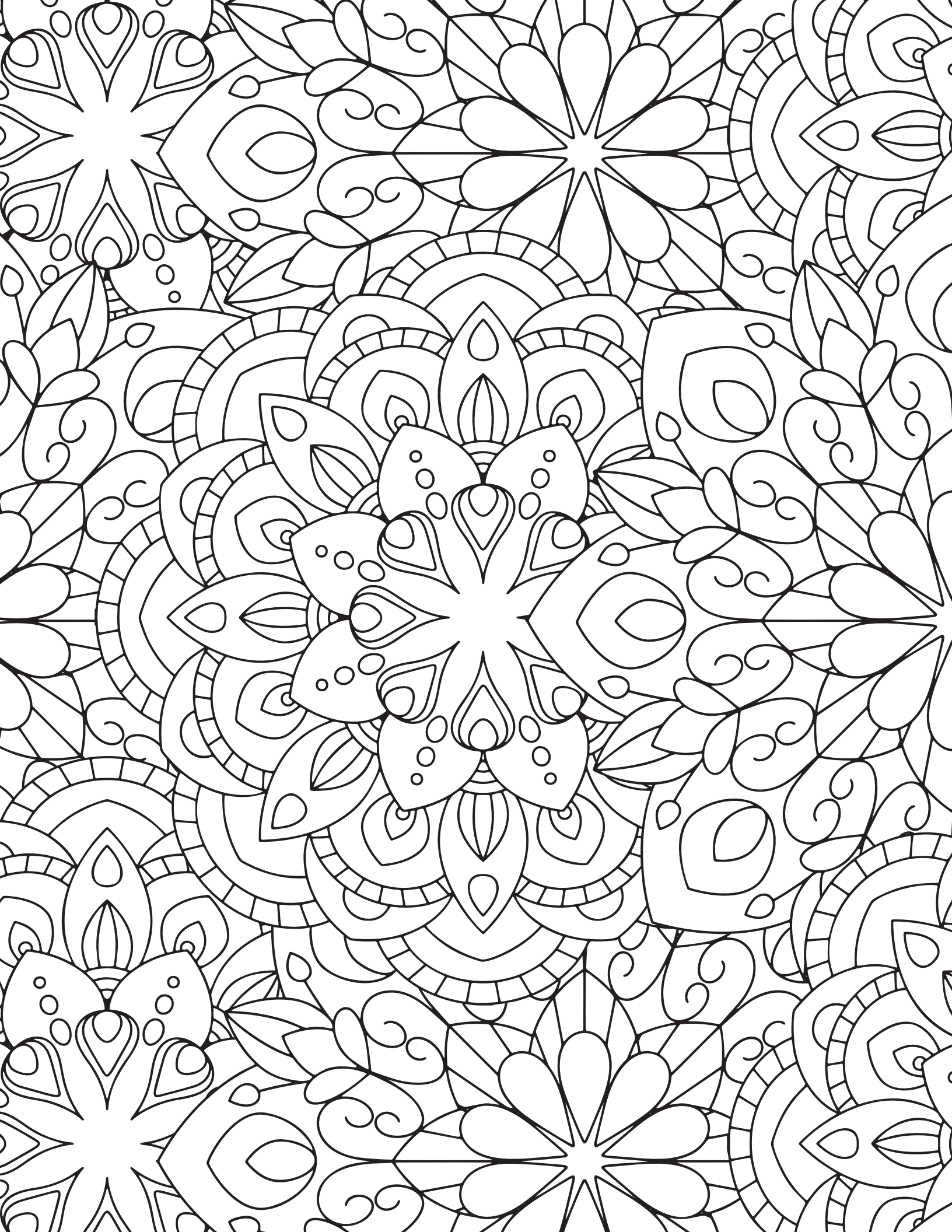


## SEEKING SUPPORT

If you're feeling overwhelmed, there are many different ways to find support, including:

1. Sharing your feelings with a trusted friend or family member. They can listen, offer advice, and be there for you when you need someone to talk to.
2. Speaking with a therapist or trained professional who can help you work through your challenges in a safe and supportive environment.
3. Joining a group of people who share a similar challenge. Support groups are a great way to connect with others who are going through the same or similar experiences.

Seeking support is a sign of strength and can be essential tool in your quest to take better and better care of yourself.



## CONCLUSION

Self-care is an important part of creating and maintaining your overall well-being. It involves taking care of your physical, mental, social and spiritual needs and finding ways to make peace with the choices we make.

By regularly incorporating self-care into your daily life and seeking support when needed, you can better maintain your overall well-being, knowing you are actively taking control of your own life.



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