How I Will Care for Myself

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| BODYCurrent practice:I Want to Try: | MINDCurrent practice:I Want to Try: |
| EMOTIONALCurrent practice:I Want to Try: | SPIRITUALCurrent practice:I Want to Try: |
| RELATIONSHIPSCurrent practice:I Want to Try: | WORKPLACECurrent practice:I Want to Try: |
| (Your Choice)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Current practice:I Want to Try: | (YourChoice)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Current practice:I Want to Try: |
| My Roadblocks to Caring About Myself | How I Will Address These Roadblocks. |

Reva Cook, LCSW 2018, Adapted from materials by Shirley Riser and Lisa D. Butler, PHD.