

SELF-CARE EXPLORATION

1. Self-care I practice now (ex. exercise, routine medical/dental visits, healthy diet, unplugging from electronics, etc.).

- a. _____
- b. _____
- c. _____

Great Job!

2. What are the barriers to my self-care (time, family, work, etc.)?

- a. _____
- b. _____
- c. _____



3. Reasons I put others before myself.

- a. _____
- b. _____
- c. _____



4. What would help me make self-care and myself a priority?

- a. _____
- b. _____
- c. _____

"If your compassion does not include yourself, it is incomplete."

- Jack Kornfield, author