

Self-Care Worksheet



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Mental health is every single bit as important as physical health. In assigning mental health the importance it deserves, it can make it far easier and more motivating to seek out and build supports to manage your own mental health.

Annie Wright, LMFT

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It's easy to let taking care of yourself fall to the bottom of your list of priorities, but the truth is you are more effective in all areas of your life if you make time for self-care. Use this worksheet as a list of to-dos that you practice regularly.

1. Plan and commit to dedicated time for you.

Open your calendar and block out at least one hour, right now. Block this time on every single calendar you use. Do not cancel or shift this time commitment! If you can make this time commitment a recurring event, do it.

2. Who do you really want to be?

An important chapter in your life has just come to a close. Think about the next version of you that you want to become. What cues can you take from those around you to be the next best version of yourself? Name three people who inspire you, and what qualities about them you admire. (e.g. a friend, relative, celebrity, colleague, etc.)

1. _____
2. _____
3. _____

What is it that inspires you about these three people?

List three qualities about each that you admire: e.g. *their drive, their honesty, trustworthiness, an amazing sense of style, ability to keep cool under pressure, etc.*

Person 1	Person 2	Person 3

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If you're not here yet, and it feels too far away to think about the kind of person you want to be in your next chapter, scale back the vision. Think instead about what you need now to survive the day.

Annie Wright, LMFT

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3. Thinking about the next version of you, identify one major goal you want to achieve in the next six months that will help you feel more grounded, secure and more like the “you” that you want to be:

In the next six months, I want to:

4. Now, identify the first step you need to take in your journey to reach that goal.

How do you need to feel? What do you need to learn? What first action do you need to take?

The first step I need to take is:

5. To help you take that first step, check the box of the type of self-care you feel you need now to make that first step:

Sanity: You need focus and time to process. You need to feel like it's not just you against the world.

Balance: You're feeling off-kilter and want to settle yourself. You need some grounding and a good dose of reality.

Comfort: You need some TLC, stat. Bring on the comfort food, the fuzzy blanket and a hug.

Positive Energy: You're feeling down and really need a pick-me-up. You need a good dose of positivity to jump-start your engine.

Inspiration: You need a little wisdom and motivation. A tiny spark from someone or something that can light your internal fire again.



What do you need to take care of your body right now? What nourishes your body and soul when you have a few free hours? Remember: self-care doesn't always look like sleep, yoga or green juice. Maybe self-care is a round of golf or game night with the guys; maybe it's booking an international trip if you haven't traveled in a few years, or maybe it's finally treating yourself to that leather motorcycle jacket you've had your eye on.

Annie Wright, LMFT



6. Create a menu of activities to help you get the type of care you want:

Think back to the year before you were married. List five activities you loved to do that helped you feel _____ (insert your answer from question 5).

1. _____
2. _____
3. _____
4. _____
5. _____

Think back to your teenage years and list five activities that you loved to do then that helped you feel _____ (insert your answer from question 5).

1. _____
2. _____
3. _____
4. _____
5. _____

Put yourself in the shoes of the three people you listed in question #2, who inspire you. List five activities you think (or know) they engage in to help themselves feel happy, fulfilled and on the right track.

1. _____
2. _____
3. _____
4. _____
5. _____

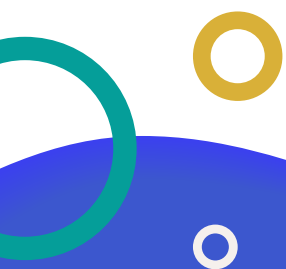
Good job! Now you've got a list of 15 potential ways to meaningfully fill the time you've already committed to yourself.

7. Review your activity menu. Pick three activities that feel manageable within the time frame you have blocked for yourself. Rank them in order from most to least appealing.

1. _____
2. _____
3. _____

8. Looking at these three activities, how will each one help you take that first step toward your larger goal?

Activity	How it will help



9. Choose the activity that will help you take the best first step forward. Add it to your calendar right now.

Congratulations! You've made time to take care of you, and you've got a plan for how to fill that time.

10. Implement all of the above as needed. Repeat often.

For more resources, tips and advice on wellness during and post-divorce, visit [Annie Wright Psychotherapy](#) or view our collection of [Hello Divorce Lifestyle Resources](#).

