

Self-care is not selfish; it's essential. This worksheet is designed to help you move from intention to action. By reflecting on these questions, you can create a personalised and sustainable self-care plan that truly supports your mental and emotional health.

Part 1: Check-In & Reflect

Take a moment to check in with yourself honestly. There are no right or wrong answers.

1. How am I feeling, physically and emotionally, in this moment?

2. What has been draining my energy lately?

3. What has been giving me energy or joy, even in small ways?

Part 2: Explore Your Self-Care Needs

Self-care is multi-dimensional. Let's explore what you might need in each area.

Physical Self-Care (Body-focused: sleep, nutrition, movement)
What kind of movement feels good to my body?

What is one small way I can nourish my body with food this week?

How can I improve my sleep routine to feel more rested?

Your Personal Self-Care Plan: A Guide to Nurturing Your Well-Being
Created by Trevor Beech, Psychotherapist <https://trevorbeech.com>

Emotional & Mental Self-Care (Mind-focused: processing feelings, setting boundaries)
What is one emotion I often struggle with, and what is a healthy way I can cope with it?

Who is one person I feel safe talking to about my feelings?

Is there a boundary I need to set to protect my energy? (e.g., with work, a person, or social media)

Social Self-Care (Relationship-focused: connection, community)
Who are the people who make me feel uplifted and supported?

How can I schedule more meaningful connections with them?

Is there a relationship I need to take a break from or address?

Practical Self-Care (Task-focused: reducing real-life stressors)
What is one small task I've been avoiding that, if done, would reduce my stress? (e.g., organising a closet, making a doctor's appointment)

What is one financial step I can take to feel more secure? (e.g., reviewing a bill, setting a small budget)

Part 3: Build Your Action Plan

Now, let's turn your reflections into a simple, achievable plan. Start small!

My Top 3 Self-Care Non-Negotiables for the Week:
These are the things I will prioritise no matter what.

1.
(e.g., 15-minute walk after lunch, no phones after 9 PM, call a friend on Tuesday)

2.

3.

One Boundary I Will Practice:
I will say "[Your Answer]" to protect my time and energy.

One Small Act of Joy I Will Schedule:
I will commit to doing this for pure enjoyment:
(e.g., read for 20 minutes, listen to a favourite album, try a new recipe)

When I Feel Overwhelmed, I Will:

Instead of shutting down, I will try this calming strategy first:

(e.g., 3-minute breathing exercise, step outside for fresh air, write down my thoughts)

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A Note from Your Therapist:

Be kind to yourself on this journey. Some days your self-care plan will work perfectly, and other days it won't. The goal is progress, not perfection. Revisit this worksheet whenever you feel stuck or need to reassess what you need. Your well-being is worth the effort.

Your space to brain dump your thoughts.