

WHEEL OF SELF-CARE

The Self-Care Wheel can help you assess how you are currently doing in each well-being area (mental, emotional, physical, practical, spiritual, and social) and then identify which area(s) require additional attention.

Step 1. Assess

On the wheel below, give each area a self-care score (from 0-10) for the amount attention you dedicate to it. Then write down all the self-care activities you are doing regularly for this area.

Step 2. Brainstorm

Which areas require additional attention and self-care? For each area that you identified, list at least three additional activities that would help transform this area into one that is thriving. If you fall short on ideas, check out the self-care ideas list for inspiration.

Step 3. Plan

Turn your insights into actions! Write down a plan of how you are going to routinely incorporate the activities identified in step 2 and then schedule them in.

