



I'm not robot



**I am not robot!**

This by no means is an exhaustive list, rather a jumping off point from which to more fully examine different aspects of well-being. This worksheet is designed to help your clients reflect on their current self-care practices, recognize areas where they could improve, and generate ideas for new self-care Self-Care Assessment Worksheet. After completing the full assessment, you can move on to developing a full self-care plan

The following worksheet for assessing self-care is not exhaustive, merely suggestive.

This assessment tool provides an overview of effective strategies to maintain self-care. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you complete these activities. After completing the full assessment, choose one item from each area that you will actively work to improve. Using the scale below, rate the following areas in terms of frequency= Frequently= Occasionally= Rarely= Never= It never occurred to me

When conducting a self-care assessment, healthcare practitioners can empower their clients to take an active role in their self-care journey, fostering self-awareness and self-empowerment. A worksheet for assessing self-care in various domains, such as physical, psychological, emotional, spiritual, relationship, and professional. After completing the full assessment, choose one item from each area that you will actively work to improve. Using the scale below, rate the following areas in terms of frequency= Frequently= Occasionally= Rarely= Never= It never occurred to me

Download free templates, worksheets, and PDFs to create your own personalized wheel and vision board

This assessment tool provides an overview of effective strategies to maintain self-care. Adapted from a workbook on vicarious traumatization and a site on self-care for students

This assessment tool provides an overview of effective strategies to maintain self-care. You can use these examples as a way to reflect on your own behaviors and also to gather ideas about how to further your self-care. Learn how to use the Self-Care Wheel, a positive psychology tool for identifying and nourishing six dimensions of your life: psychological, emotional, spiritual, personal, professional, and physical.

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