



# *Self-Care Planning Guide*

THEBLISSLIST.CA

# *Welcome to your Self-Care Journey*

Hello my friend!

Are you ready to get real about your self-care? Are you ready to ask yourself the tough questions, look at your habits truthfully and make a commitment to be the best version of yourself? It's time to get lighter - let's do this!

Self-care is the conscious and purposeful steps we take on a regular basis to cultivate well-being and a sense of calmness in our lives physically, mentally and spiritually. It is not something that just happens on its own; it requires planning and a commitment to follow through.

We all know that self-care is something that we should be doing, but so few of us are actually doing it. Why? It could be because we feel like we don't have enough time, there are bigger things to worry about, or obstacles keep getting in our way. Whatever the reason, the time to take your self-care into your own hands is now.

This workbook was designed with the idea that you already have the ability to cultivate a meaningful self-care routine, you just need the tools to help you plan and execute it successfully. It is my hope that working through these pages will give you the inspiration to take time for yourself so that you can go into the world and do amazing things. After all, you can't pour from an empty cup. So, grab a cup of tea or coffee, or whatever feels good, open your mind and dive in.

Much love,  
Kelsey

# Self-Care Self-Assessment

This assessment tool is used to take a snapshot of your life and the kind of self-care you practice. For each item, rate yourself in terms of how often and how well you are taking care of yourself in the different aspects of your life.

3 = I do this well (i.e. frequently)

2 = I could do better (i.e. occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

## Physical Self-Care

\_\_\_ Eat regularly (breakfast, lunch, and dinner)

\_\_\_ Eat healthily

\_\_\_ Get regular medical care for prevention

\_\_\_ Get medical care when needed

\_\_\_ Take time off when sick

\_\_\_ Think positive thoughts about my body

\_\_\_ Exercise

\_\_\_ Do some fun physical activity

\_\_\_ Get massages

\_\_\_ Get enough sleep

\_\_\_ Do some fun artistic activity

\_\_\_ (Other) \_\_\_\_\_

## Psychological Self-Care

\_\_\_ Take vacations

\_\_\_ Take day trips, mini-vacations or “stay-cations”

\_\_\_ Make time away from technology/internet

\_\_\_ Read something unrelated to work

\_\_\_ Notice my thoughts, beliefs, attitudes, feelings

\_\_\_ Engage my intelligence in a new area (eg.

Museums, theatre, sports events, etc.)

\_\_\_ Do something at which I am not expert

\_\_\_ Decrease stress in my life

\_\_\_ Make time for self-reflection

\_\_\_ Write in a journal

\_\_\_ Attend to minimizing life stress

\_\_\_ Be curious

\_\_\_ Say no to extra responsibilities

\_\_\_ Be okay leaving work at work

\_\_\_ (Other) \_\_\_\_\_

## Emotional Self-Care

\_\_\_ Spend time with people whose company I enjoy

\_\_\_ Stay in contact with important people in my life

\_\_\_ Re-read favorite books, rewatch favorite movies

\_\_\_ Identify and seek out comforting activities/places

\_\_\_ Love myself

\_\_\_ Allow myself to cry

\_\_\_ Give myself affirmation/praise

\_\_\_ Find things that make me laugh

\_\_\_ Play with children

\_\_\_ (Other) \_\_\_\_\_

## Spiritual Self-Care

- Make time for reflection
- Find a spiritual connection or community
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Identify what is meaningful to me
- Seek out reenergizing or nourishing experiences
- Contribute to causes in which I believe
- Read or listen to something inspirational

- Spend time in nature
- Be open to inspiration
- Cherish my optimism and hope
- Be open to knowing
- Meditate
- Find time for prayer or praise
- Have experiences of awe
- (Other) \_\_\_\_\_

## Relationship Self-Care

- Schedule regular dates with my partner
- Call, check on, or see my relatives
- Share a fear, hope, or secret with someone I trust
- Stay in contact with faraway friends
- Make time for personal correspondence
- Allow others to do things for me

- Make time to be with friends
- Ask for help when I need it
- Communicate with my family
- Enlarge my social circle
- Spend time with animals
- (Other) \_\_\_\_\_

## Workplace or Professional Self-Care

- Take time to chat with coworkers
- Identify projects/tasks that are exciting
- Balance my load so that nothing is "way too much"
- Arrange work space to be comfortable
- Get regular supervision or consultation

- Make quiet time to work
- Take a break during the day (eg. lunch)
- Set limits with my boss/peers
- Have a peer support group
- Identify rewarding tasks
- (Other) \_\_\_\_\_

## Overall Balance

- Strive for balance in looking forward and acknowledging the moment
- Strive for balance within my work-life and work day
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time

In each category, put a star next to one activity that you can commit to incorporating into your regular self-care practice.

# Develop A Self-Care Plan

1. List the self-care habits you are using now to manage stress and stay healthy: (I get at least 8 hours of sleep at night)

- 
- 
- 

2. List the self-care habits you would like to use but are not currently practicing: (Practicing yoga regularly)

- 
- 
- 

3. Identify the obstacles keeping you from practicing these habits: (I don't practice yoga regularly because I don't have the time to)

- 
- 
- 

4. What solutions can you come up with to address the obstacles you listed: (I could free up time for myself by watching less TV or waking up earlier)

- 
- 
- 

5. Reread the self-care habits you wrote down for question two. Select one of the habits you would like to begin practicing and complete the sentences below.

Today, I commit to...

I want to do this because...

I will accomplish this by...

# SELF-CARE ACTIVITIES FOR HOME AND WORK

THEBLISSLIST.CA

1. Go for a walk
2. Light your favourite scented candle
3. Listen to some of your favourite music
4. Read a book
5. Unplug - turn off all devices
6. Declutter your workspace
7. Practice mindfulness and meditation
8. Call a friend you haven't talked to in a while
9. Offer to help someone with a small task
10. Write in a journal
11. Get some fresh air
12. Stretch - on your own or in a yoga class
13. Doodle or colour in an adult colouring book
14. Work toward something that inspires you
15. Book a massage
16. Start a gratitude journal
17. Change your inner dialogue - start your day off with 3 positive messages
18. Make a healthy snack
19. Listen to inspiring podcasts
20. Make a cup of tea
21. Try a new fitness class
22. Get your friends together for a paint night
23. Binge watch your favourite TV series
24. Walk your dog, or borrow a friend's to walk
25. Try out a new restaurant
26. Take a different route to work
27. Add berries and mint to your water
28. Go to bed early
29. Eat a healthy breakfast
30. Do volunteer work
31. Take a few deep breaths
32. Take a hot bath
33. Organize your computer files
34. Find someone that makes you laugh and spend time together
35. Write yourself a love letter
36. Perform a random act of kindness
37. Learn a new skill
38. Smile (for at least 30 seconds)
39. Buy a plant or fresh flowers
40. Set daily goals to help you focus during the day
41. Do a crossword or sudoku puzzle
42. Play video games
43. Cook your favourite meal
44. Look up positive affirmations to repeat to yourself
45. Go to the driving range or a batting cage
46. Write out your frustrations then toss it in the trash
47. Watch videos of cats and dogs online
48. Diffuse essential oils
49. Take a 5-minute quiet break

# Planning your Holistic Self-Care

Use the space provided to brainstorm activities you can do for each area of your life. This will become a resource that you can turn to when creating your self-care plan. Think of concrete examples that are applicable to you - make them as specific as possible.

Physical	Psychological	Emotional
Spiritual	Relationships	Professional

# Create a Weekly Self-Care Plan

Now for the fun part! It's time to schedule some self-care activities that you can do on a daily, weekly and monthly basis. Some things that you do every day can be small, like eat a healthy breakfast, whereas others may be better for once a month, like getting a massage. Try to be as specific as possible - the more detail, the more likely you will be to do it.

Look back at your brainstorm from the "Planning your Holistic Self-Care" worksheet. Identify which activities you can add to your daily routine, your weekly routine and your monthly routine.

Remember that you don't have to do everything every day; you can start small and gradually add in others. Try to identify one to three activities for each category. Keep in mind that some activities may overlap. For example, a professional self-care activity might be to take a lunch break every day. This could be a physical activity as well (two birds, one stone!).

Have fun with this - this is for you. It's all about doing things that will enrich your life.

## My Daily Self-Care Plan

Physical	Psychological	Emotional
Spiritual	Relationships	Professional

## My Weekly Self-Care Plan

Schedule your weekly self-care activities in your calendar every week. If possible, pick the same day each week to help solidify the habit.

Weekly Activity	When will you do this activity?

## My Monthly Self-Care Plan

Schedule your monthly self-care activities in your calendar every month. If possible, pick the same day each month to help solidify the habit.

Monthly Activity	When will you do this activity?

# Barriers to Self-Care

Barriers will naturally exist in our lives. Many of them won't go away, but what we can change is how we choose to respond to them. Think of possible barriers that exist in your life that prevent you from practicing self-care or achieving overall well-being. Next to each, think about what you can do to overcome that obstacle.

Potential barriers to my self-care

What I will do to address the obstacle

# Monthly Reflection

Month of: \_\_\_\_\_

On a scale of 1-10, how do you feel about your self-care this past month?

---

Which area of your life (physical, psychological, emotional, spiritual, relationships, professional) do you feel you were best at practicing self-care?

---

What activities did you enjoy practicing most?

---

---

---

What activities didn't work well?

---

---

---

What activities do you want to include next month?

---

---

---

What area of your life do you want to focus on next month?

---

What steps can you take to practice self-care in this area?

---

---

---