

My Self-Care Toolkit

Taking time to reflect on your self-care needs is a powerful step toward building a more balanced and fulfilling life. Use this sheet to identify where you need support, set a small, achievable goal, and create a plan to stay on track. Keep it somewhere visible—like your fridge, mirror, or desk—as a daily reminder of your commitment to yourself.

Which Self-Care Pillar Do I Need to Focus On?

Choose one that feels most important right now: physical, emotional, mental, spiritual, social, professional or practical self-care. My focus area will be:

One Small Self-Care Habit I Will Try This Week

Start small and specific—something you can realistically do in your current routine. My habit will be:

One Boundary I Need to Set or Strengthen

Think about where you need to protect your time, energy, or well-being. My boundary to set will be:

When Will I Schedule This Habit?

Pick a consistent day and time to help build the habit. It can be as short as just 2-5 minutes to start. The day/time will be:

Who Can Support or Encourage Me?

Accountability and encouragement make a big difference. Who can check in with you or cheer you on? My support person is:

