



Self-Care Planning Worksheet

Create Your Personal Self-Care Plan

Instructions: Use this worksheet to identify your self-care needs and create a realistic plan for taking care of yourself.

Part 1: Assess Your Current Self-Care Physical Self-Care

How many hours of sleep are you getting per night? ____

Are you eating regular, healthy meals? Yes / No / Sometimes

Are you exercising or moving your body? Yes / No / Sometimes

How often? _____

Are you taking any medications as prescribed? Yes / No / N/A

When was your last medical checkup? _____

What physical self-care do you need most right now?

Emotional Self-Care

How often do you process your emotions? Never / Rarely / Sometimes / Often

Do you have someone you can talk to about your feelings? Yes / No Do you

journal, create art, or express yourself creatively? Yes / No / Sometimes

How often do you do something that brings you joy? Never / Rarely / Sometimes / Often



What emotional self-care do you need most right now?

Social Self-Care

How often do you spend time with people you care about? Never / Rarely / Sometimes / Often

Do you feel supported by your community? Yes / Somewhat / No

Are you isolating yourself? Yes / No / Sometimes

Do you have healthy boundaries in your relationships? Yes / Somewhat / No

What social self-care do you need most right now?

Spiritual Self-Care

How often do you pray or meditate? Never / Rarely / Sometimes / Often **How often do you read Scripture or spiritual texts?** Never / Rarely / Sometimes / Often **Do you attend worship or spiritual gatherings?** Yes / No / Sometimes **Do you feel connected to your faith?** Yes / Somewhat / No

What spiritual self-care do you need most right now?

Mental/Cognitive Self-Care

Do you take time to rest your mind? Yes / No / Sometimes

Do you engage in activities that stimulate your mind? Yes / No / Sometimes



Are you learning or growing in any area? Yes / No / Sometimes

Do you give yourself permission to take breaks? Yes / No / Sometimes

What mental self-care do you need most right now?

Part 2: Create Your Self-Care Plan

Daily Self-Care (Things to do every day)

Physical: _____

Emotional: _____

Social: _____

Spiritual: _____

Mental: _____

Weekly Self-Care (Things to do once or twice per week) **Physical:**

_____ **Emotional:**

_____ **Social:**

_____ **Spiritual:**

_____ **Mental:**

Monthly Self-Care (Things to do once a month)



Physical: _____

Emotional: _____

Social: _____

Spiritual: _____

Mental: _____

Part 3: Identify Barriers and Solutions

What prevents you from doing self-care? (Examples: time, money, energy, guilt, etc.)

Barrier	Solution
_____	_____
_____	_____
_____	_____

Part 4: Build Your Support System

Who can support you in your self-care?

Person/Resource	How They Can Help
_____	_____
_____	_____
_____	_____



Part 5: Self-Care Activities Menu

Check the activities that appeal to you. Use this as a menu when you need ideas for self-care.

Physical Self-Care

Take a walk
Exercise or do yoga
Take a bath or shower
Get a massage
Stretch
Dance
Play a sport
Spend time in nature
Cook a healthy meal
Get enough sleep
Other: _____

Emotional Self-Care

Journal
Create art
Listen to music
Watch a movie or show
Read a book
Cry or express emotions



Talk to a friend

See a therapist

Practice self-compassion

Laugh

Other: _____

Social Self-Care

Call a friend

Have coffee with someone

Join a group or club

Attend a church event

Have a meal with loved ones

Play a game with others

Volunteer

Join a support group

Attend a class

Other: _____

Spiritual Self-Care

Pray

Read Scripture

Meditate

Attend worship

Sing or listen to worship music



Spend time in nature

Practice gratitude

Serve others

Study spiritual texts

Other: _____

Mental Self-Care

Read a book

Learn something new

Do a puzzle

Write

Plan or organize

Take a class

Practice mindfulness

Limit social media

Take a break from news

Other: _____

Part 6: Weekly Self-Care Schedule

Fill in when you'll do each self-care activity:

Day	Activity	Time
Monday	_____	_____



Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

Part 7: Accountability and Tracking

How will you track your self-care?

Use a checklist

Use a calendar

Tell a friend

Use an app

Other: _____

Who will you be accountable to?

How often will you review your plan?

Weekly

Bi-weekly

Monthly

Part 8: Self-Compassion Reminders

Write your own reminders to yourself:



“When I’m struggling with self-care, I will remember that...”

“I deserve self-care because...”

“Taking care of myself is not selfish because...”

“When I fall behind on self-care, I will...”

Important Reminders

Self-care is not selfish. Taking care of yourself enables you to be there for others.

Self-care is not luxury. It’s essential for your mental and physical health. **Self-care**

looks different for everyone. Your plan should reflect what works for you. **Self-care**

is not all-or-nothing. Even small acts of self-care matter.

You deserve care. Especially from yourself.

Universal Crisis Resources

If You’re in Crisis

You are not alone. Help is available right now.



If you're having thoughts of self-harm or suicide, or if you're in crisis, please reach out immediately.

How to Get Help

Immediate Action

If you are in immediate danger:

Call your local emergency services (911 in the US, 999 in the UK, or your country's emergency number)

Go to the nearest hospital emergency room

Tell someone you trust what you're experiencing

Crisis Support Lines

If you need someone to talk to:

United Kingdom:

Samaritans: Available ²⁴/₇ (call, email, or chat online)

Mind: Mental health support and information

Crisis Text Line UK: Text SHOUT to 85258

United States:

988 Suicide & Crisis Lifeline: Call or text 988

Crisis Text Line: Text HOME to 741741

Canada:

Talk Suicide Canada: 1-833-456-4566



Crisis Text Line Canada: Text HELLO to 741741

Australia:

Lifeline: 13 11 14

Crisis Text Line: Text HELLO to 50808

International:

International Association for Suicide Prevention: Find crisis resources in your country at https://www.iasp.info/resources/Crisis_Centres/

Befrienders International: Global network of emotional support services

Finding Help in Your Country

If you don't see your country listed above:

1. Search online for “[Your Country] suicide prevention” or “[Your Country] crisis helpline”
2. Contact your local mental health services
3. Reach out to your doctor or healthcare provider
4. Tell someone you trust what you're experiencing

What to Do Right Now

If you're in crisis:

1. **Reach out** — Call a crisis line, text a support service, or tell someone you trust
2. **Stay safe** — Remove yourself from any dangerous situation



3. **Get support** — Whether it's a friend, family member, healthcare provider, or crisis service
4. **Take it one moment at a time** — You don't have to feel this way forever

Important Reminders

Your life has value. Even if it doesn't feel that way right now, you matter.

This feeling is temporary. Crisis feelings can pass with time and support.

Help is available. Professional support, crisis services, and caring people are ready to help.

You deserve support. Reaching out is a sign of strength, not weakness.

Resources in This Workbook

If you're using one of our workbooks and having thoughts of self-harm or suicide:

1. **Stop working through the workbook**
2. **Reach out for help immediately** using the crisis resources above
3. **Tell someone you trust** what you're experiencing
4. **Get professional support** from a mental-health professional or crisis service

The workbook will be here when you're safe. Your safety is the priority right now.

These resources are tools for self-awareness and personal support, NOT a substitute for crisis intervention. If you're in crisis, please reach out to emergency services or a crisis line immediately.



This worksheet is a tool for planning. If you're struggling to implement self-care or if your mental health is declining, please reach out to a mental-health professional.