



These worksheets are from the Everyday Self-Care Workbook  
by Linda Dessau, the Self-Care Coach

To learn more about the workbook, please visit

<http://www.genuinecoaching.com/esc-workbook.html>

### Choosing Your Self-Care Goal

Now, what is the ONE question on the quiz that you'd most like to answer with "A"? This becomes your self-care goal. Write down that "A" answer now. Writing your goal as a positive, affirmative statement that has already come true gives it extra power. Feel free to re-write the goal in language that suits you better. Or just choose to work on part of the goal to start with. This is YOUR self-care plan.

**My Self-Care Goal is:**



**Lifestyle Habits:**

**Friends, Family & Peers:**

**My Daily Practices:**

Surroundings & Systems:

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Emotions & Thoughts:

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Lifestyle Habits:

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Friends, Family & Peers:

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## Structures Worksheet

Reminders:

Tracking:

Inspiration, motivation, accountability: