



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:

Sabotage Worksheet

Self-Care Goal:

How I may sabotage myself

Surroundings & Systems:

Emotions & Thoughts:

Lifestyle Habits:

Friends, Family & Peers:

My Daily Practices:

Surroundings & Systems:

Emotions & Thoughts:

Lifestyle Habits:

Friends, Family & Peers:

Structures Worksheet

Reminders:

Tracking:

Inspiration, motivation, accountability: