

My wishlist for SELF-CARE

Intent and Purpose: To identify some self-care practices that are must-do and wish-to-do and add them to your routine.

This activity works better if you have done My current self-care routine, as it takes a step forward from that worksheet to schedule (or move around) your self-care activities into a routine. It's a great opportunity to add new routines if you wish!



Here are a few questions to guide you:

- Do you have an essential check-list of self-care activities, those that you follow on an everyday basis? Those that you have benefited from and that you want to keep in your routine?
- Are there any other practices that you wish to add in your routine?
- If so, do these new practices require attaining a skill or a tool, or require extra time or space?
- Do you think that you are able to follow a self-care routine regularly? If not, what are some of the reasons.
- What can you do to include these practices in your routine?

