



Be Well



WELLNESS SELF CARE

Compliments of: [HTTPS://BEWELL.LIVE](https://BEWELL.LIVE)



Be Well Self-Care Workbook

A Guided Reflection and Planning Journal for Everyday Wellbeing

Name: _____

Date started: _____

Date completed: _____

Your Workbook Outcome

By completing this workbook, you will:

- Reflect on six areas of self-care.
- Identify areas of strength and areas needing attention.
- Choose realistic self-care priorities.
- Create a practical action plan.
- Review your progress and adjust your routines.

Important note: This workbook is designed for personal reflection and planning. It is not a substitute for professional medical or mental-health care.



Contents

1. How to Use This Workbook
2. Personal Check-In
3. Rate Your Self-Care Wheel
4. Physical Self-Care
5. Psychological Self-Care
6. Emotional Self-Care
7. Spiritual Self-Care
8. Personal Self-Care
9. Professional Self-Care
10. Choose Your Priorities
11. Create Your Self-Care Action Plan
12. Daily Self-Care Check-In
13. Review and Re-Rate
14. My Self-Care Commitment

1. How to Use This Workbook

Set aside approximately 20–30 minutes for the initial exercises. Find a quiet place where you can reflect without rushing.

Answer honestly and try not to judge your responses. You may complete this workbook:

- On your own
- With a coach or navigator
- As part of a group or workshop
- During a personal planning day
- Over several short sessions

There are no perfect answers and no ideal score. The purpose of the Self-Care Wheel is to notice what is happening in your life and decide where a small amount of care could make the greatest difference.

A Simple Three-Step Process

1. Reflect: Notice how supported you feel in each area.
2. Prioritize: Choose one to three areas that need attention.
3. Act: Create small, specific steps you can realistically repeat.

Self-care does not need to be expensive, time-consuming, or complicated. A useful action is one that fits your current circumstances and supports a genuine need.

2. Personal Check-In

Take a few quiet moments before rating the different areas of your life.

Today's date: _____

How am I feeling right now?

What has been taking most of my energy recently?

What has been giving me energy recently?

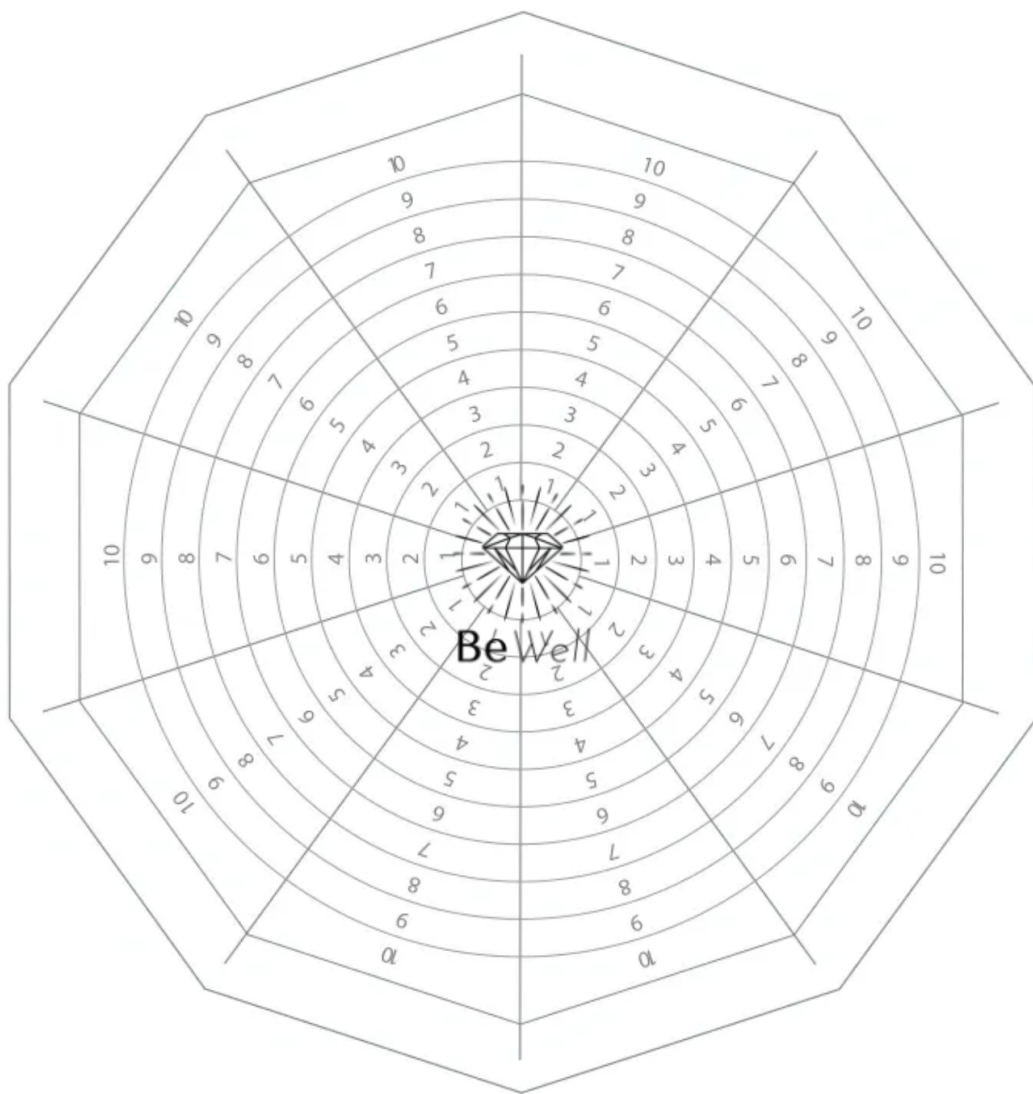
What do I most need at this stage of my life?

One word that describes my current wellbeing

Quick Check-In

Circle or mark any words that describe how you feel today:

- ☐ Calm
- ☐ Tired
- ☐ Hopeful
- ☐ Overwhelmed
- ☐ Motivated
- ☐ Disconnected
- ☐ Supported
- ☐ Stressed
- ☐ Content
- ☐ Uncertain
- ☐ Energized
- ☐ Other:



3. Rate Your Self-Care Wheel

Rate each area from 1 to 10.

- 1–3: I am struggling in this area.
- 4–6: This area receives some attention but it is inconsistent.
- 7–10: This area is generally well supported.

Your ratings are a snapshot of your current experience. They are not a judgment or a permanent assessment.

Dimension	My rating	What influenced this rating?
Physical	____ / 10	_____
Psychological	____ / 10	_____
Emotional	____ / 10	_____
Spiritual	____ / 10	_____
Personal	____ / 10	_____
Professional	____ / 10	_____

Reflection

My strongest area right now is:

The area needing the most attention is:

An area I may have been overlooking is:

[illegible]

If one area improved, which other parts of my life might benefit?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

4. Physical Self-Care

Physical self-care involves caring for your body, energy, sleep, nutrition, movement, rest, and healthcare needs.

My Current Rating

How well am I currently supporting my body?

Rating: _____ / 10

What is working well?

What does my body seem to be asking for?

What physical signals have I been ignoring?

What is one small action I can take this week?

When and where will I do it?

When:

Where:

How often:

Physical Self-Care Ideas

Check any action that feels realistic for you:

- ☐ Go to bed or wake up at a more consistent time
- ☐ Drink more water
- ☐ Eat a regular meal or nourishing snack
- ☐ Take a short walk
- ☐ Stretch for five minutes
- ☐ Schedule a healthcare appointment
- ☐ Take a screen-free break
- ☐ Rest without feeling guilty
- ☐ Ask for practical help
- ☐ Other:

5. Psychological Self-Care

Psychological self-care supports your thoughts, attention, creativity, learning, self-awareness, and ability to manage mental overload.

My Current Rating

How well am I currently supporting my mind?

Rating: _____ / 10

What helps me think clearly or feel mentally refreshed?

What tends to increase mental overload?

What would help me create more mental space?

What is one small action I can take this week?

When and where will I do it?

When:

Where:

How often:

Psychological Self-Care Ideas

- ☐ Journal for five minutes
- ☐ Practice mindful breathing
- ☐ Read for pleasure
- ☐ Spend time on a creative activity
- ☐ Learn something new
- ☐ Take a break from notifications
- ☐ Limit unnecessary information
- ☐ Talk with a trusted person
- ☐ Seek professional support if needed
- ☐ Other:

6. Emotional Self-Care

Emotional self-care involves noticing, expressing, and responding to your feelings with honesty and care.

My Current Rating

How well am I currently caring for my emotions?

Rating: _____ / 10

Which emotions have been most present lately?

What do I usually do when I feel overwhelmed?

Is that response helpful, neutral, or harmful?

- ☐ Helpful
- ☐ Neutral
- ☐ Harmful
- ☐ I am not sure

Why did I choose this answer?

What would a kinder response look like?

What is one small action I can take this week?

Emotional Self-Care Ideas

- ☐ Name what I am feeling
- ☐ Talk with someone I trust
- ☐ Write about my emotions
- ☐ Practice self-compassion
- ☐ Take a healthy pause before responding
- ☐ Set a boundary
- ☐ Spend time doing something comforting
- ☐ Allow myself to rest or cry
- ☐ Ask for professional support
- ☐ Other:

7. Spiritual Self-Care

Spiritual self-care is personal. It may involve religious faith, meditation, nature, values, creativity, service, culture, or a sense of purpose and connection.

My Current Rating

How connected do I feel to meaning, values, or purpose?

Rating: _____ / 10

What matters most to me right now?

When do I feel most connected, grounded, or inspired?

What beliefs or values do I want my choices to reflect?

What is one small action I can take this week?

Spiritual Self-Care Ideas

- ☐ Reflect on my values
- ☐ Spend time in nature
- ☐ Pray or meditate
- ☐ Listen to meaningful music
- ☐ Watch a sunrise or sunset
- ☐ Volunteer or serve someone
- ☐ Connect with a spiritual or cultural community
- ☐ Write about my sense of purpose
- ☐ Do something aligned with my values
- ☐ Other:

8. Personal Self-Care

Personal self-care helps you remain connected to your identity, interests, relationships, goals, and enjoyment beyond your daily responsibilities.

My Current Rating

How well am I making space for myself as a person?

Rating: _____ / 10

What activities make me feel like myself?

Which relationships help me feel supported?

What have I postponed that matters to me?

What would bring a little more enjoyment into my week?

What is one small action I can take this week?

Personal Self-Care Ideas

- ☐ Make time for a hobby
- ☐ Contact a supportive person
- ☐ Plan an enjoyable activity
- ☐ Cook a favorite meal
- ☐ Spend time outdoors
- ☐ Create something
- ☐ Learn or explore something new
- ☐ Set a personal goal
- ☐ Schedule time to rest
- ☐ Other:

9. Professional Self-Care

Professional self-care involves creating sustainable patterns in work, study, responsibilities, growth, and boundaries.

My Current Rating

How sustainable do my work or study habits feel?

Rating: _____ / 10

What aspects of work or study feel meaningful?

What currently drains me?

Where do I need a clearer boundary?

What support, training, or conversation might help?

What is one small action I can take this week?

Professional Self-Care Ideas

- ☐ Take regular breaks
- ☐ Clarify my priorities
- ☐ Protect my lunch or rest period
- ☐ Stop checking messages at a set time
- ☐ Ask for support
- ☐ Speak with a mentor or supervisor
- ☐ Use available time off
- ☐ Decline an unreasonable request
- ☐ Identify a professional development goal
- ☐ Other:

10. Choose Your Priorities

Review your ratings and reflections. Choose up to three areas to focus on first.

Choose actions that are small enough to begin and specific enough to complete.

Priority area	Why it matters	First small step

Narrow Your Focus

Which action would make the biggest positive difference?

Can I make the action smaller or easier?

What could prevent me from doing it?

How will I respond if that obstacle occurs?

My “If–Then” Plan

If _____

then I will _____

Example: *If I am too tired to take a 30-minute walk, then I will stretch for five minutes at home.*

11. My Self-Care Action Plan

Create a plan that is realistic for your current schedule, energy, and responsibilities.

Action	Frequency	Date/time	Support needed	Completed
_____	_____	_____	_____	☐
_____	_____	_____	_____	☐
_____	_____	_____	_____	☐
_____	_____	_____	_____	☐
_____	_____	_____	_____	☐

Make Your Plan More Specific

The person I can tell about my plan is:

The encouragement I would like from them is:

What might make this plan easier to follow?

What will I do if I miss a day?

“Missing a day does not mean the plan has failed.

Use the information to adjust the plan & begin again.”

My First Three Actions

1. Action:

When:

2. Action:

When:

3. Action:

When:

12. Daily Self-Care Check-In

Complete this check-in at the end of each day for one week. Keep your answers brief.

Day	What supported me today?	What drained me?	One thing I need tomorrow
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Notice the Pattern

What supported me most often?

What drained me most often?

What pattern do I want to continue?

What pattern do I want to change?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

13. Review and Re-Rate

After one or two weeks, review your original ratings and rate each area again.

Dimension	Original rating	New rating	What changed?
Physical	____ / 10	____ / 10	_____
Psychological	____ / 10	____ / 10	_____
Emotional	____ / 10	____ / 10	_____
Spiritual	____ / 10	____ / 10	_____
Personal	____ / 10	____ / 10	_____
Professional	____ / 10	____ / 10	_____

Review Questions

What action helped most?

What did not work as expected?

What would I like to continue?

What would I like to change?

What did I learn about my needs?

My next self-care priority is:

14. My Self-Care Commitment

I will treat self-care as an ongoing practice rather than a reward I must earn. I will pay attention to my needs, choose realistic actions, and adjust my plan when circumstances change.

One promise I am willing to make to myself

Signature: _____

Date: _____

Closing Reflection

A balanced life does not mean giving every area equal attention every day. It means noticing what needs care and responding with practical, compassionate action.

Small steps, repeated consistently, can gradually create more energy, resilience, and satisfaction.

My next small step is:

I will begin on:

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.