

# My Self Care Log

Name: \_\_\_\_\_

Let's face it! Sometimes we don't take the best care of ourselves. We push off our wellbeing for other tasks that are seemingly more important in the moment.

This is very much a function of our reasonable mind which prioritizes getting things done. The challenge is when we are too focused on our tasks our emotion mind can build up many negative emotions, fatigue, and stress. When this happens but there's no outlet for these emotions it is very easy to go to the red zone.

The goal of this Homework is to give you a log to track self-care during the day to help you feel good.

**Remember: although it is TOUGH at times to take time for yourself, it is essential for you to feel and operate at your best. If the "plane is going down so to speak" you need to secure your oxygen mask before you can help anyone else.**

There is only one rule to the log: It cannot be engaging in substance/addictive behavior: Please ask your therapist if you need clarity on this.

LOG:

Day: \_\_\_\_\_

What did you do for self care in the morning:

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The Afternoon:

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The Evening:

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Day: \_\_\_\_\_

What did you do for self care in the morning:

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The Afternoon:

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The Evening:

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Day: \_\_\_\_\_

What did you do for self care in the morning:

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The Afternoon:

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The Evening:

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Day: \_\_\_\_\_

What did you do for self care in the morning:

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The Afternoon:

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The Evening:

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Day: \_\_\_\_\_

What did you do for self care in the morning:

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The Afternoon:

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The Evening:

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Day: \_\_\_\_\_

What did you do for self care in the morning:

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The Afternoon:

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The Evening:

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Day: \_\_\_\_\_

What did you do for self care in the morning:

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The Afternoon:

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The Evening:

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