

MY SELF-CARE PRACTICES FOR MIND, BODY, & SOUL

Use the table below to categorize your self-care practices. If the practice fits more than one category, list it in each applicable column. If you don't have any established self-care practices, use this as an opportunity to intentionally find at least two in each category. They don't have to be complicated or costly - just a few things that bring you energy, joy, and renewal.

Once finished, you can use chart this as a resource and keep adding on as you discover new ways to care for yourself. When you feel you need some extra care and attention, make a selection and start getting back to your best self.

<i>Body</i>	<i>Mind</i>	<i>Soul</i>