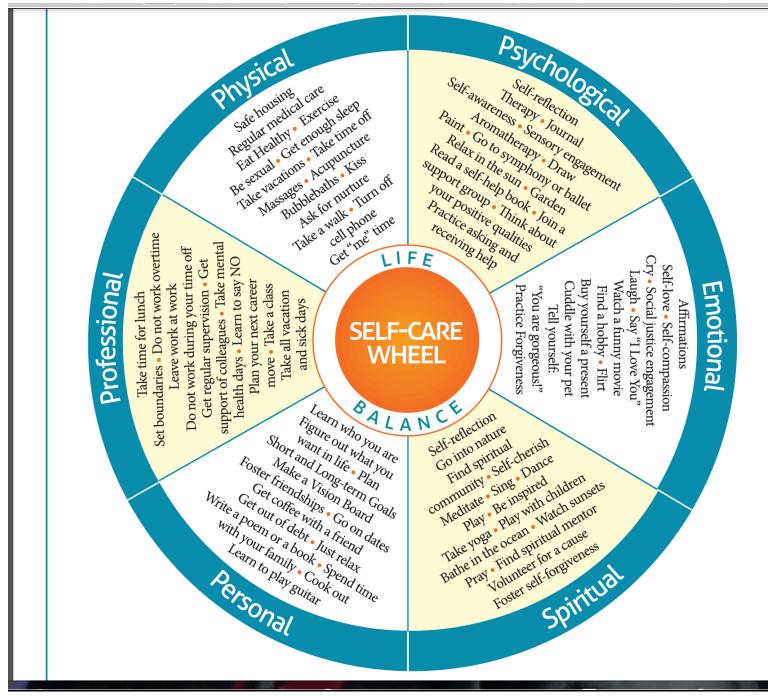
## THE SELF-CARE IMPERATIVE WORKSHEET

## WHERE DO YOU SPEND MOST OF YOUR TIME?

## WHERE DO YOU NEED TO SPEND MORE TIME?



(www.OlgaPhoenix.com)

- 1. TAKE 3 MINUTES TO REVIEW THE SELF-CARE STRATEGIES.
- 2. CHECK THOSE THAT YOU'VE ENGAGED IN THE LAST MONTH.
- 3. STAR THOSE THAT YOU'VE ENGAGED 3-4 TIMES IN THE LAST WEEK.

<b>IDENTIFY YOUR</b>	STRESSORS		
	reatest stress? List your common stressors. Choose those	things you can change or improve.	
	ssors when thinking about your self-care plan.		
EXAMPLES:	g gratitude, loving-kindness meditation, savoring the good		
	etting boundaries, reset your brain, reducing perceptions of bu	isvness minimum effective dose	
	icing gratitude, always have something to look forward to, sel		
		_	
		<u> </u>	
CREATING HABITS OF	· SELF-CARE		
CUE/TRIGGER (tells th	ne brain to go into autopilot) $ ightarrow$ (2) BEHAVIOR/ROUTINE	(habit) $\rightarrow$ (3) REWARD (reinforcement)	
EXAMPLES:			
After I wake un I will de	o my hip exercises before I get out of bed, and I will feel less p	nain and more limber	
(TRIGGER)	(BEHAVIOR/ROUTINE)	(REWARD)	
	something extra, I will say yes only if it aligns with my prioriti	,	
(TRIGGER)	(BEHAVIOR/ROUTINE)	(REWARD)	
	e, I will turn on my diffuser and Pandora radio, and I will feel	,	
(TRIGGER)	(BEHAVIOR/ROUTINE)	(REWARD)	
,		,	
Considering the stress	sor(s) you identified, create two self-care habits to addre	ess them:	
_			
(TRIGGER)	(BEHAVIOR/ROUTINE)	(REWARD)	
(TDLCCED)	(DELIAN HOD /DOLITINE)	(DE)((ADD)	
(TRIGGER)	(BEHAVIOR/ROUTINE)	(REWARD)	
GRATITUDE Think of a person for whom you are grateful. Write down 3-5 sentences regarding why you are			
9- acciding monit			
-			

(1)

## What Brings You Joy?

List as many things as you can think of that bring you joy. Some may be things that you do (painting, running), some may be inanimate things that have sentimental value (old photographs), some may have a positive association with a person (music your parents listened to, pound cake that Grandma made toasted with butter), a place (San Clemente pier), or an event (Cuban sandwiches the Friday after Thanksgiving), some may just evoke strong positive feelings (the smell of cut grass, the sound of wind chimes, clean kitchen counters). These are "feel good" things. Record them quickly as you think of them, in no special order. Include as many details as possible.

	e plan to burn neural pathways of positivity and hap
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