

Awareness Building

Personal Reflection



Consider The Ways You Support Self Care

Make a list in these two categories:

Self Care at Work	Self Care at Home



Identify How Often You Do These

Seldom (1x/2 weeks or more)

Regularly (3x/week)

Often (Daily)



Awareness Building

Group Exercise

Self Care Continuum



1

Individual Reflection

Pick two (2) areas you are strong in self care
Pick two (2) areas you would like to improve

Strong	Can Improve

Awareness Building

Group Exercise

Self Care Continuum



2

Workplace/Environment Reflection

What is easiest to implement at work? Why?

What is hardest to implement at work? Why?

Awareness Building

Personal Reflection

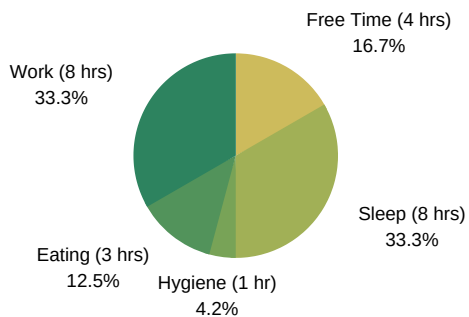
1 A Deep Look at Your Reality

How much time do you spend..

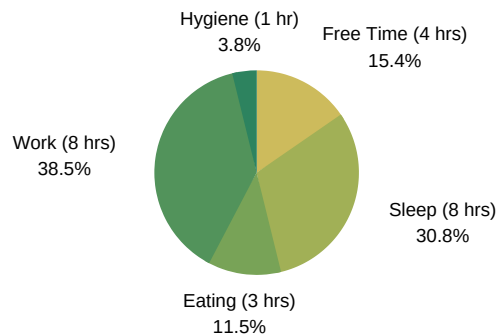
sleeping?
eating?
getting ready for work?
working?
cooking?
cleaning?

cleaning?
exercising?
with family?
with friends?
centering/spiritually?
for just yourself?

E.g. Typical Day - 40 hr/wk



Typical Day - 50 hr/wk



2 Create Your Typical Work Day Here:

