

Beyond Self-Care: Build Sustainable Practices

WELCOME!

Welcome to this Self-Care Menu worksheet! This worksheet will walk you step-by-step through creating a menu of caring activities that you can turn to on good days and bad. You might use this menu on good days, to have a visual reminder of daily habits and routines. You might also turn to this menu when you're feeling overwhelmed, depressed, anxious, or stressed. When you're in that state of mind, it can be hard, if not impossible, to think of things to do to help yourself feel better. Putting in the work now to write down some ideas is, in itself, a practice of caring for your future self.

HOW TO USE THIS WORKSHEET

- Think of this as a tapas menu. Some days, you may only want or need to choose one item. Other days, you might want to mix and match things to care for yourself more deeply. There is no right way! Do what feels good and right to you.
- This is NOT a to-do list - it is a menu. The goal is not to "accomplish" everything on your list, but to have an easy reminder of things you enjoy doing and you know can help you.
- Keep this where you will see it! Maybe that's on your fridge, in your office, or your bathroom mirror.

HOW NOT TO USE THIS WORKSHEET

- Do not use this list to shame yourself. The goal is not to do everything, but something.
- Don't choose things that you wish you would do, if you were a different person. Feeling shame for not doing things you tell yourself you "should" do is not helping anyone. Pick things that you know will help you and that you will actually do.
- Don't overwhelm yourself! Try to limit yourself to 3-5 options for each category. If you are struggling, the last thing you want is too many options to choose from.

STEP 1: START WITH WHAT YOU KNOW

What things do you already do that make you feel happy? Rested? At peace? Grounded? Energized? Brain dump those things onto a blank piece of paper.

STEP 2: ORGANIZE!

There are two blank templates on the following pages. One allows you to organize your self-care menu based on your capacity and energy. The other allows you to organize based on the amount of time you have available. Choose one, and start organizing your list from Step 1, writing down each item in the appropriate spot on the template.

STEP 3: GET CREATIVE

Are there any areas on your menu that are sparse? Brainstorm some activities you could do in those areas and add them to your template.

STEP 4: USE IT!

Keep your menu somewhere you will regularly see it - in your journal, your bathroom mirror, your fridge, or workspace. Turn to it when you are in need of some care.

Self-Care Menu

HOW FULL IS MY CUP?

FULL CUP / HALF CUP / EMPTY CUP

Each column represents how "full your cup" is on a given day. With a full cup, you can do anything! With a half-full cup, you might be lacking energy or motivation. With an empty cup, you may be struggling just to make it through the day. Arrange your activities into the categories below. This way, even on an "empty cup" day, you know there is still something you can do to care for yourself, even if it's small.

	FULL CUP	HALF CUP	EMPTY CUP
PHYSICAL	ex. HIIT workout	ex. Go for a walk	ex. brush teeth or hair.
EMOTIONAL	ex. Journal my feelings	ex. Cry / dance it out	ex. Listen to music that matches my feelings
RELATIONAL	ex. Zoom or call a friend	ex. Text a friend	ex. Think of someone I'm grateful to know

Self-Care Menu

HOW MUCH TIME
DO I HAVE?

ORGANIZE YOUR LIST BASED ON THE TIME YOU HAVE AVAILABLE

"I don't have time to do self-care!" Sound familiar?

By organizing your self-care menu based on how much time each activity requires, you can help yourself believe that you always have time to do something loving for yourself!

5 MINS OR LESS

15 MINS OR LESS

30 MINS OR LESS

60 MINS+