

SELF CARE GRID

	Physically	Emotionally	Mentally	Spiritually
What currently energises me?				
What saps my energy?				
What would help to energise me more?				
What holds me back from doing things that would help to energise me more?				

Some examples of what you might enter into each column

Physical	Emotional	Mental	Spiritual
Eating Drinking Sleeping Exercise Breaks Relaxation	Relationships Intimacy Empathy Processing emotions Balance Safety	Time management Creativity Thinking skills Challenge Mental preparation Reflection	Commitment Values A deeper purpose Prayer/meditation Giving to others Nature Stillness