

My Weekly Self-Care Goals

This tool is intended to help you to take care of yourself and follow through on the different components of your self-care program. Select one or more of the following areas indicated below to work on in a given timeframe. Focus on setting realistic goals, and on identifying barriers you may need to overcome in order to achieve your goals

My timeframe for these goals:

This Week This Month Before next appointment

Physical Activity

I will spend at least ____ days doing the following physical activity for ____ minutes:

Fun

Regardless of how I feel, I will commit to scheduling ____ fun activities, including:

Eating Right

I will make the following choices to improve my eating habits:

Support from Others

I will spend at least ____ minutes on at least ____ days spending time with:

Relaxation

I will spend at least ____ minutes on at least ____ days on the following relaxing activities:

My Specific Goals

My goal is: _____
Step #1 _____
Step #2 _____
Step #3 _____

How likely are you to follow with the activities during the time frame you have set?

Not Likely 1 2 3 4 5 6 7 8 9 Very Likely

What might get in the way of meeting these goals you have set for this time frame?

Brainstorm possible way to overcome these barriers:
