

# Whole-Person Self-Care Workbook

This is your invitation to turn down the volume  
on the external stuff and tune-in  
to your own wisdom.



# Self-Care Success

looks like

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feels like

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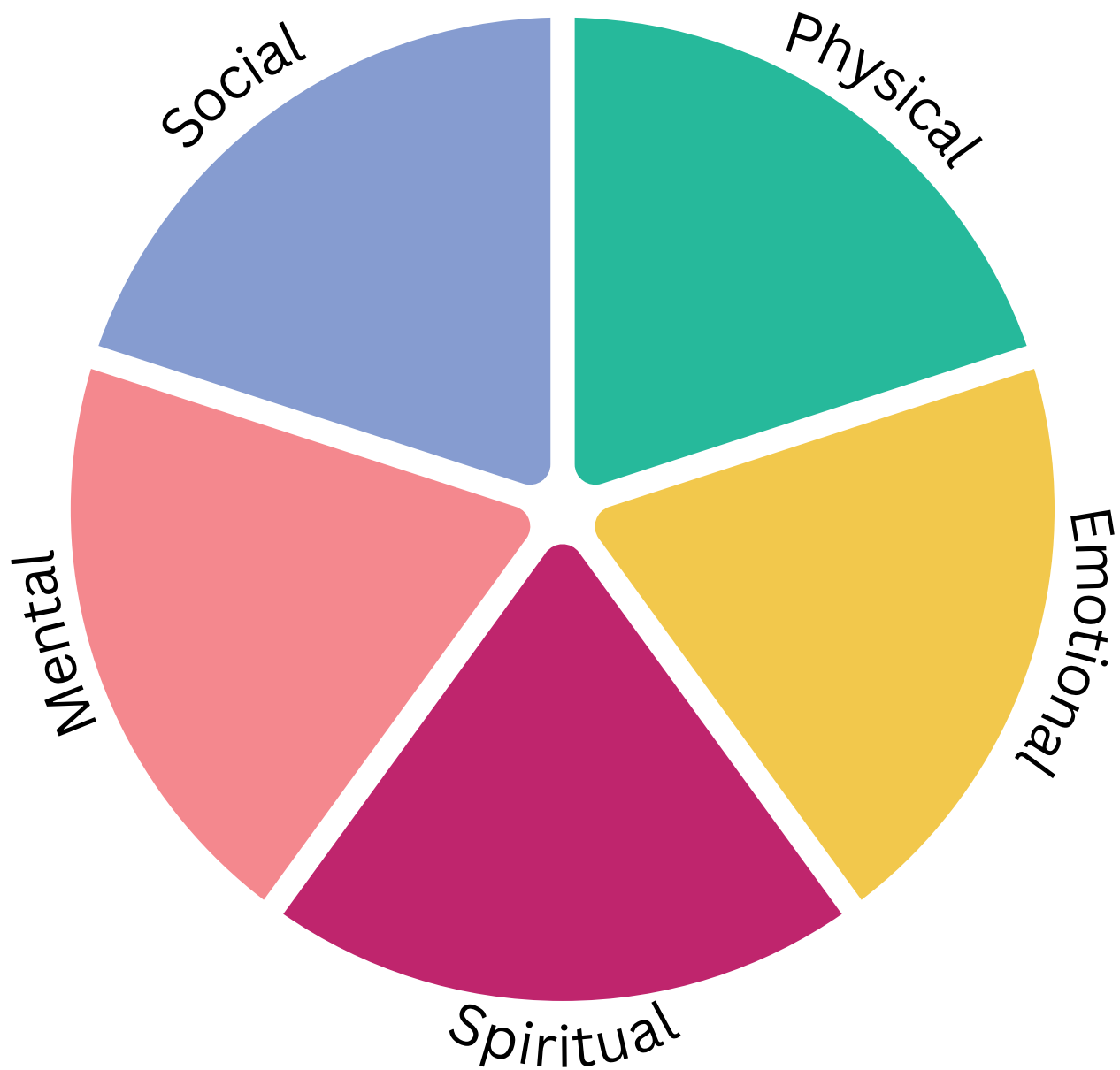
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# Self-Care is a **WHOLE-PERSON** Experience



Consider each domain.  
Start with the basics and check-in with yourself.  
What do you need?

# Physical

BE with what you need and jot down what comes up.

What might you do about it?

<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>

# Emotional

BE with what you need and jot down what comes up.

What might you do about it?

<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>

# Spiritual

BE with what you need and jot down what comes up.

What might you do about it?

<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>

# Mental

BE with what you need and jot down what comes up.

What might you do about it?

<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>

# Social

BE with what you need and jot down what comes up.

What might you do about it?

<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>

# Other

BE with what you need and jot down what comes up.

What might you do about it?

<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>
<input type="checkbox"/>	_____	_____	<input type="checkbox"/>

# Reminders from the webinar:



Self-Care is highly personalized.  
Remember to **honor your own needs**.



Self-Care is a **transferrable skill!** The same care you generously give to others CAN also include YOU.



Remember to **start with the basics**. Things like sleep, hydration, movement and being out in nature are so important.



The WHO & the HOW of self-care matters.  
Tune-in to your own needs and intuition. This involves regularly **checking in with yourself** across various domains (*physical, emotional, social, spiritual, mental*).



Bring along **grace and kindness**...especially when we fall short of our plans to “do better” due to common challenges like being tied to work, external expectations and putting others first.



Modeling self-care is a valuable **leadership quality**.  
Practicing self-care is not only about personal well-being but also about being a more effective leader & communicator. Sustainable self-care practices create a **stronger foundation for leadership**.