

SELF CARE TOOLKIT

for Busy Moms

WORKBOOK



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Self Care Tool Kit

1. GET TO KNOW YOURSELF

What are your talents? What are you good at?

What energizes you (i.e., what do you REALLY enjoy doing?)

What drains you (i.e., what situations or people leave you feeling tired, sad, or upset)?



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What values did you learn from your parents?

What values are important to you today?

If you could do anything with your time, what would you choose to do?



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List the "shoulds" that you've been applying to your life:

What would you like your life to look like in the future?

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2. LET GO OF THE "SHOULD" AND DO MORE OF WHAT ENERGIZES YOU AND LESS OF WHAT DRAINS YOU

Looking at your list of "shoulds" from page 3, which ones do you want to keep (i.e., the ones that serve you and energize you rather than drain you)? Write your new or revised list of "shoulds" here:

"Good Mom" = _____ + _____



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3. ESTABLISH A MORNING ROUTINE FILLED WITH A FEW THINGS THAT ENERGIZE YOU (A.K.A. SELF NURTURING TIME)

List a few self nurturing/energizing activities you'd like to do before you start your day (i.e. exercise, prayer, meditation, journaling):

4. ESTABLISH HEALTHY BOUNDARIES, DELEGATE AND SAY "NO"

How will you establish healthy boundaries, delegate, or say "no" so you can more easily preserve your limited energy?

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5. ESTABLISH A STRONG SUPPORT NETWORK

Name five people you can call or message whenever you feel sad, frustrated, anxious or overwhelmed (bonus if these people usually leave you feeling positive and energized rather than drained):

1.

2.

3.

4.

5.