

Name: _____

Date: _____

Eight Centers for Self-Care WORKSHEET

Select one area of Self-Care you would like to work on. (✓)

- Social
- Physical
- Emotional
- Personal
- Spiritual
- Financial
- Environmental
- Employment

A. List the top five challenges you are facing in that area.

1. _____
2. _____
3. _____
4. _____
5. _____

B. List one thing you want to change about each challenge listed in (A)

1. _____
2. _____
3. _____
4. _____
5. _____

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C. Of the ones listed in (B) which is your top challenge?

D. List Five Steps you can take right now to improve.

1. _____
2. _____
3. _____
4. _____
5. _____

E. How may I assist you in this or any other area of Self-Care? _____

If you want assistance, please tell me how may I contact you?

Name: _____

Phone: _____

Email: _____

Return the form to: www.info@thecoachingcohort.com today. We will contact you in 24 hours.