

# THE Self-Care Worksheet



# Welcome!

I know how hard it is to find time to invest in yourself, especially when life is so fast-paced that you feel you need to hold on tight on this joy ride.

I feel you!

You don't need more time or motivation (although another cup of coffee...or tea...could help!) -- *You need a self-care check-in.*

It's all about taking that first step to show up for yourself and make sure that you're ok despite your daily chaos.

Downloading this worksheet is a step toward investing in yourself. 'Cus you're totally worth it.

Yasss ma!

-Teresairis,  
xoxo

(A Sprinkle of Care)





## HOT TIP: Click the screens!!

The cellphone and tablet screens are interactive. Click on the articles and connect to gain so much more than just this worksheet. A sprinkle of Care on Us!





## HOW TO USE THIS WORKSHEET

**This worksheet is designed to be simple yet effective.**

In the next few pages, you'll find spaces to jot down some thoughts on specific thought-provoking questions to increase self-awareness. In this exercise, write down what is meaningful to you, what sticks out, or perhaps, an "aha!" moment upon reflecting.

**Another important thing is -- Be truthful. Be raw.**

Many times we condition ourselves to be "optimistic" about life but we fail to truly acknowledge how we feel and whether we're truly OK. Shooing away unwanted feelings because it's easier to not acknowledge them doesn't mean they don't exist. Own your thoughts and feelings.

*Give yourself the  
chance to be your own  
listener* 



## Mental Health Check-In Questionnaire

Shade in your stars based on how you feel. The more stars you shade in, the more you agree with the questions.

Have I been getting quality sleep with regular bedtimes in the last 4 weeks?



Have I been isolating myself from others at work, friends, or family?



Have I lost interest in activities or goals that usually held my attention?



Have I felt sadder or "blah" rather happy lately?



Do I feel at peace/comfy with myself and my surroundings?



Do I feel that my life is appropriately balanced between work, fun, friends, family, self-care, and other meaningful areas?



Have I been experiencing significant mood swings, crying, or uneasiness lately?



Am I burnout overly at the end of the day? How about at the end of the week?



Has my appetite or eating habits changed in any way recently?





## QUESTIONNAIRE REALITY-CHECK

It's important to digest and reflect after a check-in questionnaire to be conscious of how you're feeling. Acknowledging your feelings and energy is the first move in showing up for yourself.

**What did the questionnaire make you realize about how you've been feeling or behaving lately?**

**What is one specific area you can dedicate to improving in the next 30 days? What's your game plan?**





## CHECKING-IN PROMPT

From this page onward, ponder each question provided so that you can learn more about yourself and your habits. Remember, the best care to give yourself in this exercise is to be vulnerably honest.

**What's the most challenging part of your day? How do you push through it? Is there a better way to seize the day?**



## CHECKING-IN PROMPT

**What's your motivation to keep going when life gets tough? Where do you get it from? How do you maintain it?**





## CHECKING-IN PROMPT

**If you didn't have specific daily responsibilities (i.e. work, school, childcare, etc.), what are 3 things you could do to recharge? How can you make at least 1 of those things happen in the next 2 weeks despite your busy schedule?**

A close-up photograph of a wooden pencil and a piece of paper, with the pencil resting on the paper. The image is partially obscured by a dark brown banner at the top.

## CHECKING-IN PROMPT

**When life gets a bit harsh, it helps to have a solid support system. Imagine your support system sitting in a big conference table. Who are they? What purpose do they serve in your life? Are they helping you get to where you need to be?**



*Invest...*



You're not alone 😊

Join the Sprinkle of Care community to enjoy resources and posts catered for beauties just like you, who are ready to work on themselves at their own pace without needing to be perfect.

*Invest in yourself,  
You're worth it!*

