

Care For You

Self-Care

Self-care is not selfish. It is what's necessary to keep you at your best- for yourself and for others. Use this exercise to reflect on the different areas of your life and identify where you can work to improve your overall self-care and well-being.

- **Review the 8 Wheel Categories** – Notice how they address your whole self. If there are some areas that don't necessarily apply to you, feel free to re-label them. Think briefly what a satisfying life might look like for you in each area.
- **Draw a line across each segment to represent your satisfaction with that area.**
 - The center of the wheel is 0 and the outer edge is 10
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
 - Draw a line and write the score alongside it (see example)

EXAMPLE



