



Self-Care Action Steps for Living A More Peaceful and Happier Life
(Check next to Action Steps That You Can start Towards Your Pathway to Well-being)

<i>Physical</i>	<i>Cognitive</i>	<i>Emotional</i>	<i>Spiritual</i>	<i>Work</i>
<ul style="list-style-type: none"> <input type="checkbox"/> <i>Physical Activities That Are Fun</i> <input type="checkbox"/> <i>Eat Regular Healthy Meals</i> <input type="checkbox"/> <i>Exercise</i> <input type="checkbox"/> <i>Sleep Well</i> <input type="checkbox"/> <i>Massage and Pampering</i> <input type="checkbox"/> <i>Schedule Medical Care</i> <input type="checkbox"/> <i>Stretch</i> <input type="checkbox"/> <i>Take Break from Demanding Tech</i> <input type="checkbox"/> <i>Take Mini Vacay</i> <input type="checkbox"/> <i>Take Time To Be Sexual</i> <input type="checkbox"/> <i>Wear Clothes I Love</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Be Curious</i> <input type="checkbox"/> <i>Do Something In A New Area: Museum Art, Other Culture</i> <input type="checkbox"/> <i>Let Others Know Different Aspects Of Me</i> <input type="checkbox"/> <i>Time For Self Reflection</i> <input type="checkbox"/> <i>Prayer or Meditate</i> <input type="checkbox"/> <i>Read Literature</i> <input type="checkbox"/> <i>Time In Nature</i> <input type="checkbox"/> <i>Steps to Decrease Stress</i> <input type="checkbox"/> <i>Write</i> <input type="checkbox"/> <i>Counseling</i> <input type="checkbox"/> <i>Say no to Extra Work</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Allow Myself to Cry</i> <input type="checkbox"/> <i>Feel Happy with Skill Set</i> <input type="checkbox"/> <i>Laugh Often</i> <input type="checkbox"/> <i>Express Anger in Healthy Ways</i> <input type="checkbox"/> <i>Nurture Others/ Myself</i> <input type="checkbox"/> <i>Play</i> <input type="checkbox"/> <i>Maintain Contact w/support Systems</i> <input type="checkbox"/> <i>Watch Favorite Movies</i> <input type="checkbox"/> <i>Stay Connected and spend time with People I Enjoy</i> <input type="checkbox"/> <i>Talk to Myself Kindly</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Cherish Hope and Optimism</i> <input type="checkbox"/> <i>Be Open to not Knowing</i> <input type="checkbox"/> <i>Express Gratitude</i> <input type="checkbox"/> <i>Be open to Inspiration</i> <input type="checkbox"/> <i>Have awe-Inspiring Experience</i> <input type="checkbox"/> <i>Make Time for Prayer, Reflection</i> <input type="checkbox"/> <i>Time in Nature</i> <input type="checkbox"/> <i>Sing</i> <input type="checkbox"/> <i>Listen to And read Something Inspiring</i> <input type="checkbox"/> <i>Identify Meaningful things and Notice it's In my Life</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> <i>Avoid Procrastination</i> <input type="checkbox"/> <i>Make Work-space Comforting</i> <input type="checkbox"/> <i>Ask for Help</i> <input type="checkbox"/> <i>Have a Peer Support Group</i> <input type="checkbox"/> <i>Projects That are Exciting and Growth Promoting</i> <input type="checkbox"/> <i>Set limits With Clients and colleague</i> <input type="checkbox"/> <i>Make Quiet time to Complete Tasks</i> <input type="checkbox"/> <i>Use Vacation or PTO</i>