

Dr. Steiner's Tools for Change

www.DrSteiner.com

Self Care Tools

LIST FIVE THINGS YOU ARE ABLE TO DO TO RELAX OR ENJOY YOURSELF:

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

WHEN DID YOU LAST DO ONE OF THOSE RELAXING ACTIVITIES ? (check one)

Yesterday ___ Day before yesterday ___ Last week ___ Last month ___ Too long ago

WHEN CAN YOU SCHEDULE TO DO ONE RELAXING THING THIS WEEK?

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

List 4 Self Caring things you can do in the next two weeks;

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