

The Self Care Wheel

Make space for what helps you feel more like yourself.



Where could you use a little more care?

Choose one area. Circle one idea. Make it small enough to do this week.

Use these suggestions as a starting point and adapt them to your life.

Small steps. More care.

A five minute check in, followed by one practical action.

01

Pause and notice

Look at the six areas. Which feel supported right now?
Which have had less attention than you would like?

02

Choose what matters today

Pick one area that could benefit from a little care.
You do not need equal time in every area or a perfect balance.

03

Make your next step small

Choose an idea from the wheel or write your own. Be specific.
For example: take a ten minute walk after lunch on Tuesday.

04

Check in with yourself

Review your action in a week. Notice what helped, what got in the way and what you want to continue or change.

You do not have to do everything. Start with something that supports you.

My next small step

The area I want to care for:

One action I will take:

When I will do it:

What or who could help me:

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