



1, 2, 3 Self-Care Challenge Workbook

By Sharon Blue, MS



@BlueEmpressTarot



Day 1 Journal Prompts

Think about your current self-care routine/practices. What does self-care mean to you?

What do you do in your daily life to take care of your mental wellbeing?

What do you do in your daily life to take care of your physical wellbeing?

What do you do in your daily life to take care of your emotional wellbeing?



Day 1 Journal Prompts

Think about your ideal self-care routine/practices. How do these ideal practices make you feel?

How would you take care of your mental wellbeing in your ideal self-care routine?

How would you take care of your physical wellbeing in your ideal self-care routine?

How would you take care of your emotional wellbeing in your ideal self-care routine?



Day 1: Ideal Self-Care

Take some time to really think about what your IDEAL self-care routine/practices look & feel like.

If you had a magic wand & could instantly have these activities & practices take shape in your life what does that look like? How do you feel?

The next page is blank. Use it to create an image or write out what this ideal practice looks like.

Here are examples of how you can do this:

- Go old school & use magazines or print out pictures to paste onto the blank page
- Write out the self-care practices that you would add & the ones you would take out - list all your ideals
- Draw an image that shows what this ideal self-care looks like for you (stick figures totally acceptable!)
- Do this activity digitally:
 - Create a Pinterest board
 - Make an image collage on Canva
 - Type your ideal self-care practices into a word doc

There is no right or wrong way to do this activity!

You do what feels the best for you as you think through & try to imagine what your ideal self-care routine looks like.

My Ideal Self-Care





Day 2: Current Self-Care

Take some time with the worksheet on the next page to write down 3 of your current self-care practices that you do somewhat consistently. Focus on describing the who, what, where, when, & how of each practice so it's as detailed as possible.

Then on a scale of 1-10 score that practice based on how well you think it is working for you currently. 1 would indicate that the practice is not working at all for you. 10 would indicate that you routinely include this self-care practice into your life & it serves the purpose of providing you the self-care you need in a timely fashion.

Finally complete the final section by explaining your scale score. Describe what works, what doesn't work and why you think so.



Current Self-Care Practices



Self-Care Practice	Rating 1-10	Working/Not Working/Why?



Day 2: Ideal Self-Care Person

Take some time to really think about WHO might have the IDEAL self-care routine/practice that you described on Day 1.

What does this person look like?

What do they do for work?

Do they have a family? Kids? Pets?

Where do they live?

What do they wear?

What does their average day look like?

How does this person include your ideal self-care into their lives?

How do they feel since they have this ideal practice in place?

The next page is blank. Use it to create an image or write out what this ideal self-care person looks like.

Just like on Day 1 feel free to use digital means to complete this activity too (Pinterest boards, Canva, etc).

And yes- you can totally draw a stick figure here. 😊



Ideal Self-Care Person



Day 3: Expectations vs. Reality

Expectations: Take some time to look back at your Ideal Self-Care activity & your Ideal Self-Care Person.

Do these Ideal Self-Care practices seem out of reach to you/achievable? Why? Why not?

What about this Ideal Self-Care Person is different from you? Why do you think that is?

What about this Ideal Self-Care Person is similar to who you are? Why do you think that is?



Day 3: Expectations vs. Reality

Reality: Take some time to look back at your Current Self-Care Practices & the evaluation of them.

What is the biggest difference between your current self-care practices and your ideal self-care practices? Explore.

What is your current self-care practice missing that appears in your ideal self-care practice? What is important about this practice that makes you want to add it?

What is working somewhat in your current self-care practice that you can tweak a little to be closer to your ideal self-care practices? How can you tweak it to better fit your reality?



Expectations vs. Reality



Expectation	Reality	Combination