

Self-Care Rule of Life Worksheet

	SPIRITUAL <i>What practices nurture your connection to the Divine?</i>	PHYSICAL <i>What practices support and enhance physical well-being?</i>	EMOTIONAL <i>What practices support emotional intelligence and wellness?</i>
DAILY/ REGULARLY			
WEEKLY			
MONTHLY			
QUARTERLY/ SEASONALLY			
ANNUALLY			

	MENTAL <i>What practices enhance your cognitive capacities?</i>	RELATIONAL <i>What practices develop and nurture healthy relationships?</i>	VOCATIONAL <i>What practices clarify and sustain your sense of mission in the world?</i>
DAILY/ REGULARLY			
WEEKLY			
MONTHLY			
QUARTERLY/ SEASONALLY			
ANNUALLY			