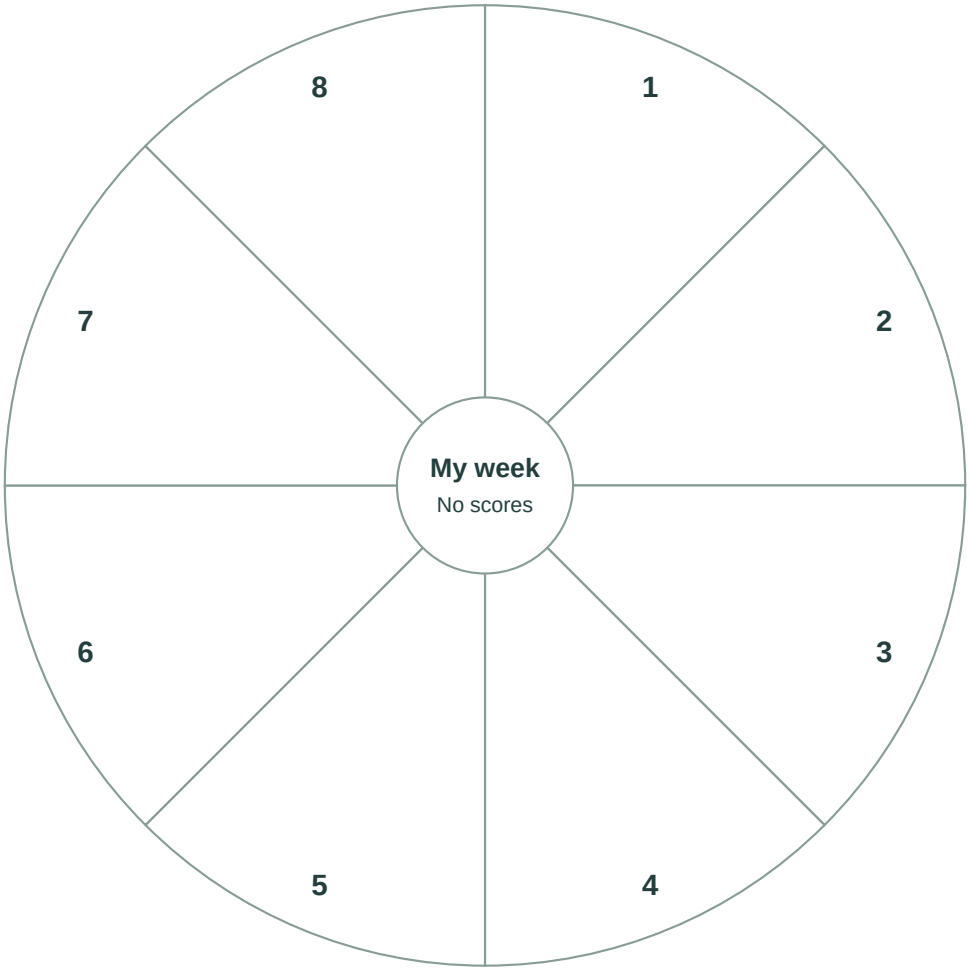
HEALTHYMINDLAB

Self-care planning wheel

BLANK WORKSHEET

Add a short observation or possible action. Rename the areas or leave sections blank.

Period: _____



Suggested areas - change these to suit your life

1. Rest
2. Food and movement
3. Feelings
4. Connection
5. Work and study
6. Home and money
7. Enjoyment
8. Values and meaning

My next step: _____

When: _____ Barrier: _____

Help I need: _____ Review date: _____

An original planning worksheet, not a health assessment. General information only; seek professional support for persistent or severe distress.

HEALTHYMINDLAB

Self-care planning wheel

FILLED EXAMPLE - FICTIONAL

Example notes are possibilities. Choose just one action to start.

Period: Example week



Suggested areas - change these to suit your life

1. Rest
2. Food and movement
3. Feelings
4. Connection
5. Work and study
6. Home and money
7. Enjoyment
8. Values and meaning

My next step: Ask Sam about a weekend call.

When: Thursday. Barrier: Our schedules may not match.

Help or alternative: Ask which day works. Review: next week.

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