Worksheet A1 – Identifying my energy drains

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|  | Self care isn’t selfish  **Worksheet A1: Identifying my energy drains**  **(What drains me?)** |
| Ask yourself the questions below and then write a brief description of each activity or situation and its consequence on your energy levels.  Where am I over-extending my time and energy?   What signs of self-neglect are showing up? | |
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Worksheet A2 – Exploring my energy drains

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|  | Self care isn’t selfish  **Worksheet A2: Exploring my energy drains**  **(What is easy to let go of and what would be the benefits?)** |
| Write a brief description of a situation you’ve identified as an energy drain and then ask yourself the questions below. | |
| **Brief description of energy drain** | |
| **How hard does it feel to let go of this?** | |
| **How would I feel better if I let it go?** | |

Worksheet A3 – What am I ready to commit to?

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|  | Self care isn’t selfish  **Worksheet A3: What am I ready to commit to?** |
| Write a brief description of a situation you’ve identified as an energy drain and then answer the questions below. | |
| **Brief description of the energy drain** | |
| **How hard does it feel to let go of this?** | |
| **How would I feel better if I let it go?** | |
| **What is this telling me?** | |
| **What are the possible actions available to me?** | |
| **What am I ready to commit to?** | |
| **What support do I need?** | |
| **What belief systems do I need to change or bring on board?** | |

Worksheet B – Self Care Wells

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|  | Self care isn’t selfish  Worksheet B: Self Care Wells |
| **Ask yourself: What do I enjoy doing? What brings me pleasure? What brings me energy? What makes me smile? What makes me feel better?** | |
| **Quick Sips** | |
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| **Good Long Drinks** | |
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Worksheet C – My Action Plan

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|  | Self care isn’t selfish  **Worksheet C: My action plan** | |
| **Habit** | | **When** |
| Check in with what I’m feeling and practice interpreting the signs. | | Whenever I can. Until this becomes a habit I will add this to any existing habit or regular activity, e.g. when I walk from one room to another, when I put the kettle on for a cup of tea, when I finish a phone call, when I am brushing my teeth. |
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| **Actions** | | **By When** |
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