



Golden presents

# A Self-Care Worksheet

## Articulating Your Wellness Goals: A Self-Care Planning Worksheet

Thank you for partnering with Golden to **support your self-care**. This worksheet serves as a tool to create and record your self-care goals and the plans to make those goals a reality. It's also a place to note relevant and recommended resources to support your journey.

What is your main self-care goal?

What is your secondary self-care goal?



Of the Four Pillars of Wellness, which Pillar(s) need(s) the most attention in your life?

Movement

Stillness

Connection

Nourishment

What self-care actions or habits will move you towards your goal(s)? Be specific, including what, when, where, with whom, and for how long?

What obstacles do you anticipate while you are building these habits and trying to reach your goal(s)?



How are you going to overcome the obstacles you listed?

Additional resources and recommendations: