

# My Well-Being

## And

# Self-Care Blueprint

**Name:**

**Date:**

**“It’s All About Me”**

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# What about Me?

## My Life Values:

1.

2.

3.

### Mind your Mind:

- Emotional: What are you feeling? (i.e. feelings, attitudes)
- Behavioral: What are you doing? (i.e. actions, performance)
- Cognitive: What are you thinking? (i.e. knowledge, intellect, understanding)

### Physical Well-Being Pillar:

### Spiritual Well-Being Pillar:

### Psychological Well-Being Pillar:

### Emotional Well-Being Pillar:

### Professional/Occupational Well Being-Pillar:

### Financial Well-Being Pillar:

### Personal Growth Well-Being Pillar:

### Social Well-Being Pillar (Family and Friends):

### Romantic Relationship Well-Being Pillar:

**My Personal Life Inventory:**

**Focus: Flourish and Thrive**

On a scale, 1 to 10, rate how each well-being pillar in your life is flourishing or thriving.

**10: Blooming like a beautiful flower in a garden**

**1: The soil needs gentle tender loving care**

Well-Being Pillar	Describe what it is now.	Describe what it used to be.	Describe how you want it to look	What will it take to move from one rating to the next?
<b>Physical:</b>				
<b>Spiritual:</b>				
<b>Psychological:</b>				
<b>Emotional:</b>				
<b>Professional/ Occupational:</b>				
<b>Financial:</b>				
<b>Personal Rating:</b>				
<b>Social Rating:</b>				
<b>Romantic Relationship:</b>				

**What about Me?**

**Well-Being Pillar #1:**

**Step 1:**

**Timeframe:**

**Barriers:**

**Success:**

**Well-Being Pillar #2:**

**Well-Being Pillar #3:**

**Accountability Partner:**

**Contact Timeframe:**

**Self-Reflections:**

Lined writing area for reflections, consisting of multiple horizontal lines.