

— My Self-Care Go-To Strategies —

Safety

Current:

New:

Belonging

Current:

New:

Esteem

Current:

New:

Self-Actualization

Current:

New:

Transcendence

Current:

New:

Physiological

Current:

New:

After you read each chapter, write down some of your go-to strategies that you currently do and some new ones you would like to begin implementing.