



LIFE COACH

SELF-CARE WORKBOOK



WRITTEN BY OLIVIA WILSON



FULL PAGE COPY

LAYOUT

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3 STEP PROCESS

STEP ONE

THIS IS WHERE STEP ONE GOES. THIS IS WHERE STEP ONE GOES. THIS IS WHERE STEP ONE GOES. THIS IS WHERE STEP ONE GOES. THIS IS WHERE STEP ONE GOES.

STEP TWO

THIS IS WHERE STEP TWO GOES. THIS IS WHERE STEP TWO GOES. THIS IS WHERE STEP TWO GOES. THIS IS WHERE STEP TWO GOES. THIS IS WHERE STEP TWO GOES.

STEP THREE

THIS IS WHERE STEP THREE GOES. THIS IS WHERE STEP THREE GOES. THIS IS WHERE STEP THREE GOES. THIS IS WHERE STEP THREE GOES. THIS IS WHERE STEP THREE GOES.



FILLABLE CHECKLIST

FILL IN THE CHECKLIST SPACES BELOW WITH SELF-CARE ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT.

MORNING SELF-CARE

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NIGHT SELF-CARE

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MULTIPLE SECTION

CHECKLIST

MAKE YOUR WAY THROUGH EACH SECTION, AND TICK THE CHECKBOX FOR EACH STATEMENT ONCE THE TASK HAS BEEN COMPLETED.

SECTION ONE

- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT

SECTION TWO

- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT

SECTION THREE

- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT

SECTION FOUR

- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT
- ☐ THIS IS FOR A CHECKLIST STATEMENT



SMART GOALS

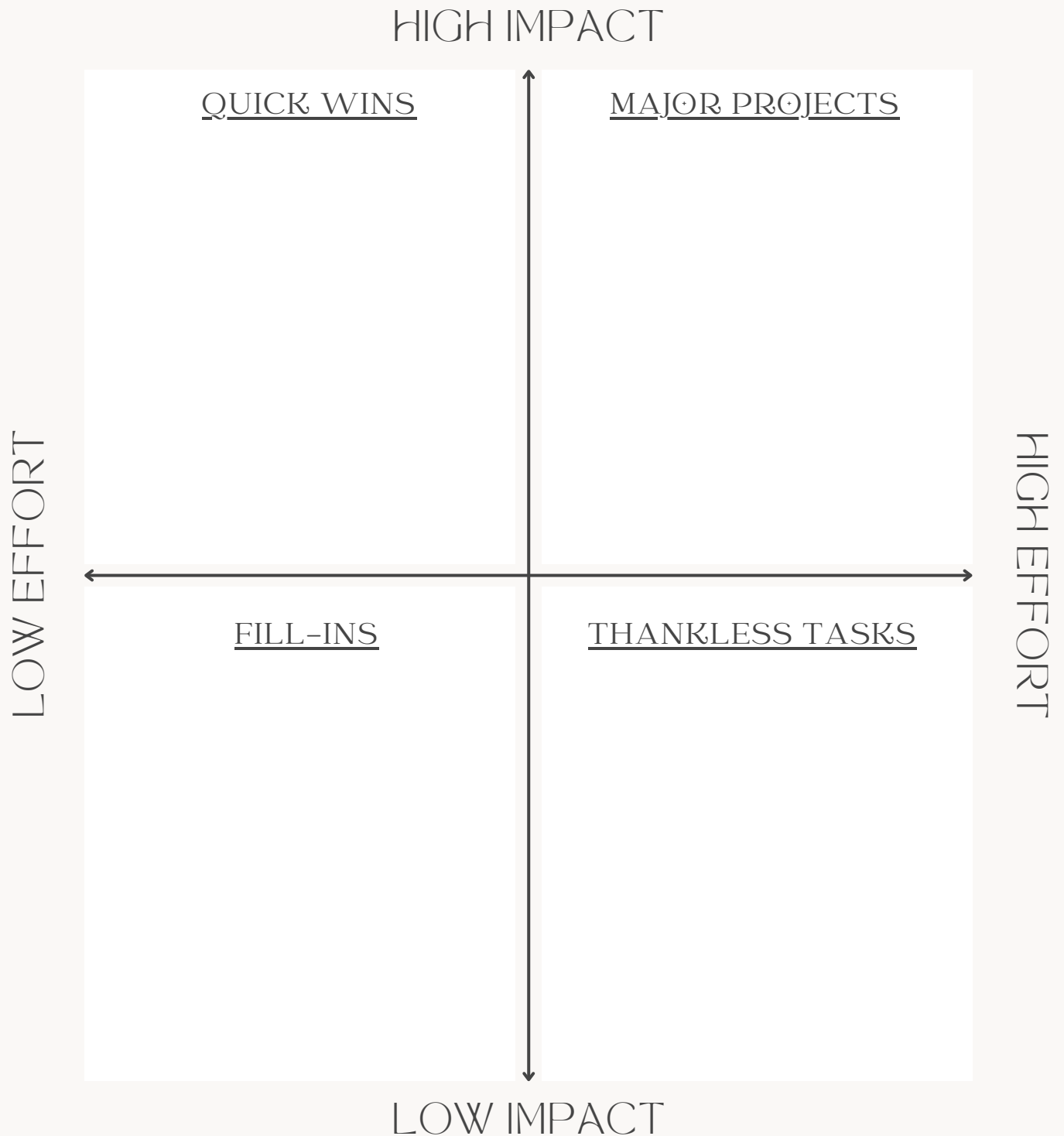
WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



ACTION PRIORITY MATRIX

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



7 DAY HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: _____

HABIT / SELF-CARE STEP

	(S)	(M)	(T)	(W)	(T)	(F)	(S)
01	☐	☐	☐	☐	☐	☐	☐
02	☐	☐	☐	☐	☐	☐	☐
03	☐	☐	☐	☐	☐	☐	☐
04	☐	☐	☐	☐	☐	☐	☐
05	☐	☐	☐	☐	☐	☐	☐
06	☐	☐	☐	☐	☐	☐	☐
07	☐	☐	☐	☐	☐	☐	☐
08	☐	☐	☐	☐	☐	☐	☐
09	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	☐	☐

REFLECTION NOTES



LIFE GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			



WEEKLY GOALS TRACKER

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			☐
TUE			☐
WED			☐
THU			☐
FRI			☐
SAT			☐
SUN			☐



UNDERSTANDING

GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

AND WHAT WILL THIS GIVE YOU?

SO, WHY IS THIS GOAL IMPORTANT?

