

1. Number of hours that I spend during a typical weekday doing things *for myself that I enjoy*: \_\_\_\_\_hours

Time	Typical Activity	Do I Enjoy It?	Is it for Myself or Others?

2. List 2-3 activities that you could work into your typical workday.  
 What area of self-care would it meet for you? Put an X in the box.

Activity	Physical	Emotional	Spiritual	Intellectual	Social	Relational	Safety & Security