

Ideal Self-Care Schedule

When dealing with an overwhelming situation, it is very easy to lose sight of what brings meaning and pleasure to life. Sometimes people have a hard time focusing on anything besides a major goal, or they may lack a sense of direction at all. This can contribute to feelings of sadness or tiredness.

This exercise is designed to foster reflection on what some aspects your ideal life might look like. The items on this list are examples of common activities that help people feel joy or purpose. In a perfect world, how often would you complete each of the activities on this list? Take a few moments to fill out the chart below, keeping in mind how much you would like to complete each of these activities, not how often you currently do them. Some of them will likely be more interesting to you than others.

| ACTIVITY | X DAILY | X WEEKLY | X MONTHLY |
|---|---------|----------|-----------|
| Dance to your favorite song | | | |
| Do something kind for a stranger | | | |
| Call a loved one | | | |
| Spend time in nature | | | |
| Express yourself through art or writing | | | |
| Cook or bake your favorite meal | | | |
| Sing along to the radio | | | |
| Go for a jog or run | | | |

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The blank chart below can be filled in with additional activities that you would like to make time for in an ideal world. These activities may be things that you do alone or with others. They may be things that you do for fun or because they are important to you.

Once you have completed your charts, take a few minutes to review which items you feel the most out of sync with. Which activities would you like to make time for a lot more often, if any? Is there a way that you could add this activity into your life more often? Small changes that take 5-10 minutes per day are likely to be most effective. Over time, these changes can add up and help you get closer to where you want to be.

| ACTIVITY | X DAILY | X WEEKLY | X MONTHLY |
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