

# Taking Care of Yourself Worksheet

Remember that an important part of parenting “just right” is taking good care of yourself. Look back at your list of self-care ideas. Add any new ideas you have learned. Then choose two ideas to do this week and write them below. After you do each activity, answer the questions about it.

Self-care activity #1:

---

---

Self-care activity #2:

---

---

After self-care activity #1 I felt:

---

---

After self-care activity #2 I felt:

---

---

How did these activities help you be a better parent?

---

---

---

---