

Self-Care time!

	Week1	Week2	Week3	Week4	Week5	Week6
Physical						
Relational						
Spiritual						
Restorative						
Sobriety						
Emotional						
Total/60						

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
 Struggle-Town. Not So Great. Alright. Pretty Good! Killing It!

Physical- Healthful eating & drinking, adequate sleep & rest, medical & hygiene, joyful movement, body kindness.

Spiritual- Practicing spiritual disciplines, feeling connected to God & fellow believers.

Sobriety- Checking in with accountability partner, abstaining from acting out, avoiding substitutes for sexually acting out, attending counselling or therapy (if applicable).

Relational- Connecting with safe & loving people, pursuing harmony with partner, present with children (if applicable).

Restorative- Participation in a hobby, sport or activity unrelated to recovery, avoiding excess screen time.

Emotional- Aware of emotions and managing well, generally content and optimistic about the future.