

Evolutionary Parenting 'Back to Basics' Email Course

Homework Chart: Self-Care

Please complete the following table which provides space for you to identify your self-care needs *and* how you might find time to fit it in. You only need to complete the timing column as you go to work in the given type of self-care.

Type of Self-Care	Your Needs in This Realm	When Can You Make It Work?
Sleep		
Daily		
Weekly		
Relationship: Partner		

Relationship: Other Kids

Social

Please place a ranking next to the types of care from most (1) to least (6) important and talk about this ranking with your partner if s/he is doing this too:

_____ Sleep _____ Daily _____ Weekly _____ Relationship: Partner _____ Relationship: Other Kids _____ Social

If you can, try to think of any barrier that may come up in implementing the next type of self-care you plan to work on. That is, for each type of self-care, once you start to think about implementing, also think about what might stop you from making it happen. Once you've identified those things, write out some ways you may be able to overcome them or talk to a friend about how you can if you struggle to identify that yourself.