

US, A4
& A5

Self-Care Tracker

Portrait
&
Landscape

Landscape Version
Weekly, Monthly, Yearly Self Care Sections

Self Care Tracker
WE ENJOY REMINDING TO TAKE CARE OF MYSELF

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Self Help Planner

David J. Berghuis



Self Help Planner:

Addiction Treatment Homework Planner James R. Finley, Brenda S. Lenz, 2017-05-11 Help clients suffering from chemical and nonchemical addictions develop the skills they need to work through problems The Addiction Treatment Homework Planner Fifth Edition provides you with an array of ready to use between session assignments designed to fit virtually every therapeutic mode This easy to use sourcebook features 100 ready to copy exercises covering the most common issues encountered by clients suffering from chemical and nonchemical addictions such as anxiety impulsivity childhood trauma dependent traits and occupational problems A quick reference format the interactive assignments are grouped by behavioral problems including alcoholism nicotine dependence and sleep disturbance as well as those problems that do not involve psychoactive substances such as problem gambling eating disorders and sexual addictions Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross referenced to The Addiction Treatment Planner Fifth Edition so you can quickly identify the right exercise for a given situation or problem All exercises are available online for you to download and customize to suit you and your clients unique styles and needs The Task Planner William J. Reid, 2000-07-12 A comprehensive A to Z set of task planners for more than one hundred psychosocial problems from alcoholism and anxiety to domestic violence and sexual abuse Each entry includes a menu of actions the client can undertake to affect resolution a guide to the practitioner's role in facilitating these actions and a reference list An accompanying disk allows social workers to update the task planners they are working with and enables keyword searches for specific topics Weekly Planner Gabriel Barnes, AI, 2025-03-04 Weekly Planner provides a practical guide to mastering your schedule reducing stress and achieving your goals through effective time management This book emphasizes mindful planning and iterative adjustment moving beyond simple task lists to address the psychological factors impacting productivity By understanding how procrastination and feeling overwhelmed affect your ability to plan you can create a weekly schedule that aligns with your natural tendencies The book introduces core concepts like prioritization and time blocking then guides you through creating a personalized weekly planning system Discover how the Eisenhower Matrix can help prioritize tasks learn techniques to overcome procrastination and track your progress for continuous improvement Unlike rigid one size fits all solutions this book encourages experimentation and refinement ensuring your plan evolves with your needs Drawing from business management and self help principles Weekly Planner helps you build a roadmap for your goals Starting with the basics of scheduling and prioritization the book progresses to strategies for goal setting and stress reduction culminating in a comprehensive guide for creating a personalized and adaptable weekly planner This approach ensures that your actions align with your long term vision leading to increased productivity and a greater sense of control

Self Care Planner Discovering Peace Publishing, 2020-01-14 8 Week I m Doing This for Me Self Care Planner This planner includes 8 weeks of daily tracking of your self care routine By the time 8 weeks is done you will be more aware of

what you need to do daily to improve your mood and relieve your stress Your needs DO matter and who better to make sure they are being met You have the power to make the change you want to feel Not sure if you need help with your self care routine Scroll down and take our quiz to find out This Self Care Journal includes Daily self care planner that lets you track the habits you want to do on a daily basis Set your mood intention each day Daily To Do List Record what self care activities you did during the day with space for notes Record Daily Gratitude Appreciations Water Intake Tracking Sleep Quality Rating Daily Mood Tracker Space to record something fun you did each day Journal Page for each day 60 Self Care Ideas Specifics Matte Cover 8 x 10 186 Pages Take this quick quiz to find out if focusing on improving your daily self care routine would be of benefit to you If you score over a 6 then this self care planner may help you get into a routine of making sure your needs are being met regularly

PART 1

- 1 Can you make and take time for you without feeling guilty Yes ___ No ___
- 2 Are your leisure activities an important part of your daily life Yes ___ No ___
- 3 Are you aware of what your needs are Yes ___ No ___
- 4 Do you make a point of addressing your own needs and desires Yes ___ No ___
- 5 Is me time something you regularly make time for Yes ___ No ___
- 6 Do you feel okay about sometimes slowing down Yes ___ No ___
- 7 Do you understand the difference between self indulgence and self care Yes ___ No ___
- 8 Do you feel like you deserve self care Yes ___ No ___

PART 2

- 1 Do you say yes to others requests when you are definitely feeling a no instead Yes ___ No ___
- 2 Do you worry about everyone else but not about yourself Yes ___ No ___
- 3 Do you do things that you really don t want to do or that will overextend you Yes ___ No ___
- 4 Are you regularly tired and feel like you are burning the candle from both ends Yes ___ No ___
- 5 Could Stress be your new middle name Yes ___ No ___
- 6 Are you overwhelmed more often than not Yes ___ No ___
- 7 Do you suffer from headaches Yes ___ No ___
- 8 Do you suffer from insomnia Yes ___ No ___
- 9 Are you chronically tired and have a lack of energy Yes ___ No ___
- 10 Do you crave and eat junk food often and especially during times of stress Yes ___ No ___

Score Your Results

A Part 1 Each NO answer 1 point Each YES answer 0 points Total Score Part 1 _____

B Part 2 Each NO answer 0 points Each YES answer 1 point Total Score Part 2 _____

C Add up both scores for Part 1 and Part 2 Total Score Part 1 Part 2 _____

RESULTS If you scored 6 or more points you can benefit from addressing your self care practices and making a self care plan The higher your point value the more imperative it is that you address your self care needs

Adult Psychotherapy Homework Planner David J. Berghuis, 2011-03-01 PracticePlanners The Bestselling treatment planning system for mental health professionals Features new and updated assignments and exercises to meet the changing needs of mental health professionals The Adult Psychotherapy Homework Planner Second Edition provides you with an array of ready to use between session assignments designed to fit virtually every therapeutic mode This easy to use sourcebook features 79 ready to copy exercises covering the most common issues encountered by adult clients including such problems as chemical dependence grief financial stress and low self esteem A quick reference format the interactive assignments are grouped by behavioral problems including anxiety sleep disturbance Posttraumatic Stress Disorder Obsessive Compulsive

Disorder dissociation and eating disorders Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross referenced to The Complete Adult Psychotherapy Treatment Planner Fourth Edition so you can quickly identify the right exercise for a given situation or problem A CD ROM that contains all the exercises in a word processing format allowing you to customize them to suit you and your clients unique styles and needs Additional resources in the PracticePlanners series Treatment Planners cover all the necessary elements for developing formal treatment plans including detailed problem definitions long term goals short term objectives therapeutic interventions and DSM diagnoses Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners For more information on our PracticePlanners products including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners

Adult Psychotherapy Homework Planner Arthur E. Jongsma, Jr., Timothy J. Bruce, 2021-12-09 Facilitate your client's involvement in change with 98 ready to print homework assignments The newly updated Sixth Edition of the Adult Psychotherapy Homework Planner offers practitioners a wide variety of ready to use assignments for adult clients in almost every therapeutic mode Designed to be used with the Complete Adult Psychotherapy Treatment Planner Sixth Edition this planner saves time and energy otherwise spent studying finding or writing custom assignments for each client The book is organized as a quick reference with assignments grouped by behavioral problems like depression anxiety eating disorders and more It includes expert guidance on how and when to make the most productive use of the exercises and is extensively cross referenced to the corresponding treatment planner This powerful resource includes 92 ready to copy customizable homework assignments that facilitate adult therapy Cross references for each homework assignment to presenting problems from the Complete Adult Psychotherapy Treatment Planner Sixth Edition New downloadable assignments from a supplementary online portal New homework assignments for opioid related disorders and clients experiencing loneliness Perfect for psychologists therapists counselors social workers and psychiatrists the latest edition of the Adult Psychotherapy Homework Planner is an indispensable resource for any mental health professional who works with adult clients

Plan Your Financial Future Keith R. Fevurly, 2018-06-01 Get your financial life in order This comprehensive and objective guidebook will help you grow your net worth on a steady and increasing basis regardless of your income level This new and expanded edition covers changes and strategies to maximize financial benefits and planning resulting from the recent tax legislation beginning January 2018 and changes to the Affordable Care and Protection Act of 2010 Covering all the financial bases you can reasonably expect to confront in your lifetime such as insurance investing income tax planning Social Security Medicare and more this vital resource begins with techniques to protect a consumer's personal and business assets It then transitions into the wealth accumulation process and outlines tax management measures as well as the distribution of wealth for higher education retirement and estate planning purposes Written by an expert and long standing educator in the field of personal financial planning Plan Your Financial

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