



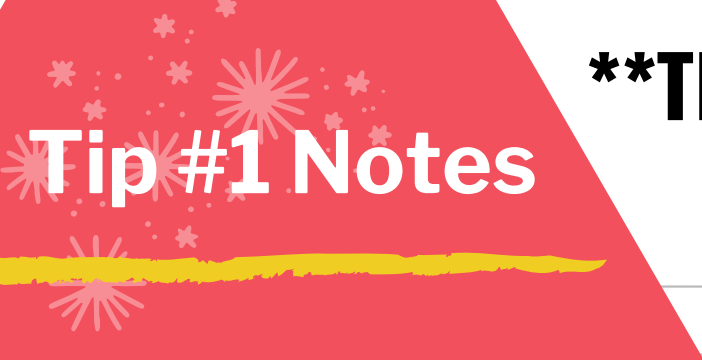
**MY LIFE NURSE**

Grow Your Faith While Taking Care of Yourself and Family

# 4 Secret Self-care Tips

When Taking Care of Others

**LISA KIMREY, RN**



# Tip #1 Notes

# **\*\*THE KEY TO HAVING TIME FOR SELF-CARE!**

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# WORKSHEET 1

## EXPLORE

**Q**

What are my personal needs?

**A**

**Q**

What are my priorities?

**A**

**Q**

What is my current scenario (or how is it different than a year ago)?

**A**



# WORKSHEET 2

## TARGET

**Q**

What is my top priority?

**A**

**Q**

What should my top goal be?

**A**

**Q**

What action will I take to focus on my priority need and meet my goal?

**A**

# Tip #3 Notes

Lined area for taking notes.

# WORKSHEET 3

GROW

**Q**

What Scripture will I read?

**A**

**Q**

What healthy boundaries will I set?

**A**

**Q**

How will I overcome my self-care barriers?

**A**





# WORKSHEET 4

## THRIVE

**Q**

What keeps me motivated about my self-care?

**A**

**Q**

What will I do to manage stress?

**A**

**Q**

How will I stay connected to the Lord?

**A**