

REMARKABLE SELF-CARE:

The Art of Prioritizing YOU for
Greater Impact with Grace and Ease

SEVEN TYPES OF SELF-CARE

Write the definition for each type of remarkable self-care

Lesson 4

Spiritual

Emotional

Mental

Physical

Social

Professional

Financial

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Impact with Grace and Ease

YOUR REMARKABLE SELF-CARE PRACTICES

Lesson 4 List examples of your favorite remarkable self-care task for
each type

SPIRITUAL SELF-CARE

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EMOTIONAL SELF-CARE

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MENTAL SELF-CARE

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PHYSICAL SELF-CARE

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SOCIAL SELF-CARE

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PROFESSIONAL SELF-CARE

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FINANCIAL SELF-CARE