



SELF-CARE/APPEARANCE GOALS WORKSHEET

Define three to five self-care/appearance goals that matter most to you. Use the list below or come up with your own.

GOAL #1

Goal

Why

How

As If

GOAL #2

Goal

Why

How

As If

GOAL #3

Goal

Why

How

As If

GOAL #4

Goal

Why

How

As If

GOAL #5

Goal

Why

How

As If

SELF CARE/APPEARANCE GOAL IDEAS

- Take a 20 minute nap daily.
- Get a makeover.
- Change hairstyle or color.
- Whiten teeth.
- Get a massage.
- Get a manicure and/or pedicure.
- Have eyebrows professionally waxed and shaped.
- Take yoga.
- Wear sunscreen daily.
- Tighten and tone up with exercise.
- Lose or gain ____ lbs.
- Keep a gratitude journal.
- Make simplification an overall theme for the year.
- Remove unflattering clothes from wardrobe.
- Set aside more “me” time each day or week.
- Underpromise. Stop saying yes to more than you can do.
- Drink at least 8 glasses of water per day.
- Define what balance means to you.
- Get in the practice of asking for what I need from others.
- Plan and schedule a vacation.
- Go outside for an hour each day.
- Get cosmetic procedures done (Botox, fillers or surgery).
- Read just for the fun of it.
- Get a photofacial.
- Find skin care products that work for me.
- Find flattering makeup.