

Self-Care is Quality Care Workbook

Write a narrative about the passion that brought you to this work and keeps your motivation and energy focused on helping others heal.

Write a narrative about how your work with those experiencing suffering, trauma, and homeless impacted your view of yourself and the world.

Values Worksheet

Personal Values Checklist		
<ul style="list-style-type: none"> ▪ Achievement ▪ Advancement and promotion ▪ Adventure ▪ Arts ▪ Autonomy ▪ Challenge ▪ Change and variety ▪ Community ▪ Compassion ▪ Competence ▪ Competition ▪ Cooperation ▪ Creativity ▪ Decisiveness ▪ Democracy ▪ Economic security ▪ Environmental stewardship ▪ Effectiveness ▪ Efficiency ▪ Ethical living ▪ Excellence ▪ Expertise ▪ Fame ▪ Fast living 	<ul style="list-style-type: none"> ▪ Fast-paced work ▪ Financial gain ▪ Freedom ▪ Friendships ▪ Having a family ▪ Health ▪ Helping other people ▪ Honesty ▪ Independence ▪ Influencing others ▪ Inner harmony ▪ Integrity ▪ Intellectual status ▪ Leadership ▪ Location ▪ Love ▪ Loyalty ▪ Meaningful work ▪ Money ▪ Nature ▪ Openness and honesty ▪ Order (tranquility/stability) ▪ Peace ▪ Personal development/learning 	<ul style="list-style-type: none"> ▪ Pleasure ▪ Power and authority ▪ Privacy ▪ Public service ▪ Recognition ▪ Relationships ▪ Religion ▪ Reputation ▪ Security ▪ Self-respect ▪ Serenity ▪ Sophistication ▪ Spirituality ▪ Stability ▪ Status ▪ Time away from work ▪ Trust ▪ Truth ▪ Volunteering ▪ Wealth ▪ Wisdom ▪ Work quality ▪ Work under pressure ▪ Other: _____

Your Values:

1. _____ %
2. _____ %
3. _____ %
4. _____ %
5. _____ %
6. _____ %

How does your work help you live your values? _____

How does (or should) your values impact your self-care and well-being? _____

Biological Health Goals:

1. _____
2. _____
3. _____

Psychological Health Goals:

1. _____
2. _____
3. _____

Social Health Goals:

1. _____
2. _____
3. _____

Confidence Worksheet

Some Characteristics of Successful Changers Adapted from Miller (2004)

Circle the characteristics you have used to make changes in the past:

Accepting	Concerned	Free	Reasonable	Understanding
Active	Confident	Happy	Receptive	Unique
Adaptable	Considerate	Healthy	Relaxed	Unstoppable
Adventuresome	Courageous	Hopeful	Reliable	Vigorous
Affectionate	Creative	Imaginative	Resourceful	Visionary
Affirmative	Decisive	Ingenious	Responsible	Whole
Alert	Dedicated	Intelligent	Sensible	Willing
Alive	Determined	Knowledgeable	Skillful	Winning
Ambitious	Die-hard	Loving	Solid	Wise
Anchored	Diligent	Mature	Spiritual	Worthy
Assertive	Doer	Open	Stable	Zealous
Assured	Eager	Optimistic	Steady	Zestful
Attentive	Earnest	Orderly	Straight	
Bold	Effective	Organized	Strong	
Brave	Energetic	Patient	Stubborn	
Bright	Experienced	Perceptive	Thankful	
Capable	Faithful	Persevering	Thorough	
Careful	Fearless	Persistent	Thoughtful	
Cheerful	Flexible	Positive	Tough	
Clever	Focused	Powerful	Trusting	
Committed	Forgiving	Prayerful	Trustworthy	
Competent	Forward- looking	Quick	Truthful	

List the Characteristics you could utilize to make the change you are considering:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What five changes have you made in your life that were difficult for you?

1. _____
2. _____
3. _____
4. _____
5. _____

Given what you know about yourself, how could you make this change successfully? _____
