

# Self-Care Domains

*In each domain,  
list the activities you are doing to take care of yourself.*

The diagram is a large circle with a decorative border of leaves and stems. It is divided into five sections by lines radiating from the center to the edge. Each section is labeled with a domain name and contains three horizontal lines for writing.

- Physical**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Spiritual**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Social**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Emotional**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Intellectual**  
\_\_\_\_\_  
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