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Feelings & Self-Care Workbook

This free feelings and self-care workbook brings five of our worksheets into one printable PDF: name what you feel with the feelings wheel, plan small realistic self-care, meet hard moments with self-compassion, loosen the grip of something you keep replaying, and finish by noticing what's good. Print it once and take one worksheet at a time.

What's inside

1. **Feelings Wheel.** Start by naming what you feel, more precisely than 'fine' or 'bad'. The rest of the workbook builds on it.
2. **Self-Care Worksheet.** See what drains you and what refills you, then plan a few small, free things you'll actually do.
3. **Self-Compassion Worksheet.** For the hard moments: answer yourself the way you'd answer a friend who was struggling.
4. **Letting Go of the Past Worksheet.** If something keeps pulling you back, this helps you see what replaying it costs and turn towards what's next.
5. **Gratitude Journal Prompts.** End by noticing what's going well, without pretending the hard parts aren't there.

How to use it

- Do one worksheet per sitting. A few honest lines are worth more than filling every box.
- Come back to the feelings wheel whenever a feeling is hard to name.
- If a page stirs up more than you expected, stop and do something grounding, then return another day.
- If what you're carrying is trauma or abuse, put the workbook down and talk to a GP or therapist first.

If things feel heavier than a worksheet can hold

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My Feelings Wheel

Use the wheel to find a more precise word for what you feel, then take it through a short check-in. Keep the week log going for seven days and see what you notice.

THE FEELINGS WHEEL

Start in the middle with the broad feeling, then move out to the word that fits best. No word fits? Write your own.

01 Today's check-in

Take a minute. Pause, notice what's there, and find it on the wheel.

The broad feeling (from the middle of the wheel):

The more precise word (from the edge, or my own):

How strong is it right now?

1 2 3 4 5 6 7 8 9 10

Barely there — Very strong

Where do I feel it in my body? (a tight chest, a heavy head, restless legs, nowhere in particular)

What happened just before, or what's been on my mind?

What might I need right now? (rest, company, space, to say something, to do one small thing)

02 Find the more precise word

Think of a time recently when you used a vague word for how you felt: 'fine', 'bad', 'stressed', 'off'. Go back to that moment and use the wheel to sharpen it.

The vague word I used	Words on the wheel that might fit	The one that fits best
And when	Two or three	Or my own word

Did the more precise word change anything? What does it point to that the vague one didn't?

03 When there's more than one feeling

Feelings often come in mixtures, and some sit underneath others. Anger can sit on top of hurt. Calm can sit next to sadness. Write down everything that's there, without picking a winner.

All the feelings I can find right now:

Is one of them easier to show than another? What might be underneath the loudest one?

04 A week of check-ins

One line a day, at roughly the same time if you can. At the end of the week, read it back and look for patterns, not verdicts.

Day	Broad feeling, then precise word	What happened	What I needed

05 Looking back at the week

Which feelings came up most? Which ones were missing?

Did certain people, places or times of day go with certain feelings?

One new feeling word I want to keep using:

When you're done, a moment to reflect

- Which feelings do you find easiest to name, and which ones do you tend to skip over?
- Which feeling did you grow up thinking you weren't allowed to have?
- When you say 'I'm fine', what are you usually feeling underneath?
- What helps most when you're hurt, compared with when you're angry or scared?
- Who could you tell, in one precise word, how you're really doing this week?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/feelings-wheel

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My Self-Care Worksheet

Seven short steps: a quick check across six areas of your life, what drains and refills you, your warning signs, a self-care menu, what gets in the way, a plan for this week and a check-in at the end of it.

01 A quick check across six areas

Rate how looked after each part of your life feels right now. There's no right score, and no one else's to compare with. It just shows you where to start.

Body: food, movement, health appointments, feeling physically OK

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Rest: sleep, breaks, time when nothing is asked of me

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Mind: room to think, learning something, less mental clutter

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Feelings: noticing how I feel and letting it out somewhere safe

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

People: time with people who are good for me, and help when I need it

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Meaning and space: things that matter to me, time outdoors, quiet

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Things I already do that help, even small ones:

02 What drains me, and what refills me

Think about a normal week. On the left, write the things that leave you tired, tense or flat. Next to each one, write something small that helps you recover from it.

What drains me A task, a person, a time of day	What refills me after it Small, free and realistic

03 My warning signs that I'm running low

Most of us have our own early signals before we hit empty. Tick the ones you recognise, then add your own. Catching them early means a smaller fix.

- [ ] I snap at people over small things
- [ ] I'm sleeping badly, or sleeping a lot and still tired
- [ ] I skip meals or live on snacks
- [ ] I scroll for hours without enjoying it
- [ ] I cancel plans or stop replying to messages
- [ ] Small jobs feel huge, so I put everything off
- [ ] I stop doing the things I normally enjoy
- [ ] Headaches, a tight jaw or tense shoulders

My own early warning signs:

_____

_____

04 My self-care menu

A list of options you'd actually do, sorted by how much time they take. When you're low, you won't have the energy to think of ideas, so write them now. Keep them free or nearly free.

5 minutes

e.g. a glass of water, stepping outside, stretching, one song

30 minutes

e.g. a walk, cooking something simple, a call with a friend

Bigger

e.g. a free afternoon, a day out, sorting a health appointment

05 What gets in the way, and a kinder reply

Guilt, no time, 'other people have it worse'. Write down the thoughts that stop you, then answer each one the way you would if a friend said it.

What stops me

e.g. 'I don't have time' or 'it's selfish'

A kinder, truer reply

e.g. 'Five minutes counts' or 'I can't help anyone on empty'

06 My self-care plan for this week

Pick two or three things from your menu, not ten. Then decide exactly when and where, for example 'After I drop the kids off, I'll walk the long way home'. A plan tied to a moment is usually easier to keep than a good intention.

What I'll do From my menu	When and where After... / On... at...	Done? Tick or note how it went

If I miss a day, what I'll tell myself (and when I'll pick it back up):

07 End-of-week check-in

Come back to this in a week. You're not grading yourself, just noticing what helped so next week's plan can be a little better.

Overall, how looked after do I feel this week?

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

What helped most, and what I'll keep:

What didn't fit, and what I'll try instead:

When you're done, a moment to reflect

- When did you last feel properly rested? What was different about that time?
- Who in your life makes you feel more like yourself, and when did you last see them?
- What do you do for other people that you never let yourself have?
- What would you tell a friend who was as tired as you are right now?
- If you could protect just one small thing in your week, what would it be?

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My Self-Compassion Worksheet

Seven short steps to meet one hard moment the way you'd meet a good friend's, ending with an evening journal to keep it going.

01 What's hard right now?

Start with one specific moment. Name it plainly, then notice how you've been treating yourself about it.

What's happening that's hard? In a line or two:

What have I been saying to myself about it? (the exact words)

How harshly am I treating myself about this right now?

1 2 3 4 5 6 7 8 9 10

Very gently — Very harshly

02 A self-compassion break

Kristin Neff's three-step practice. Bring the moment to mind and let yourself feel a little of it. If it helps, put a hand on your heart as you write.

1. Mindfulness: 'This is a moment of suffering.' What am I feeling, said plainly, without making it bigger or smaller?

2. Common humanity: 'I'm not alone.' Who else might feel this way in a situation like mine?

3. Kindness: 'May I be kind to myself.' What do I need to hear right now?

03 The friend test

Imagine a close friend came to you with this exact problem. Notice the difference between how you'd treat them and how you've been treating yourself.

What I'd say to a friend

And the tone I'd use

What I've said to myself

And the tone I've used

What am I afraid would happen if I spoke to myself the way I'd speak to them?

04 What do I need right now?

Self-compassion isn't only soothing. Sometimes the kind thing is to rest, and sometimes it's to act. Tick what fits.

- [ ] Comfort: to go gently and let this be hard for a while.
- [ ] Rest, or an early night.
- [ ] To talk to someone I trust.
- [ ] To say no, or set a limit, to protect myself.
- [ ] To take one small step to change something.
- [ ] To forgive myself, and make amends if I can.

One kind thing I'll do for myself today:

05 A letter from a kind friend

Imagine a friend who is completely kind and accepting. They see all your strengths and all your flaws, and they understand what shaped you. Write to yourself from them, about this moment or a flaw you often judge yourself for.

Start with 'Dear [your name],' and write as they would:

06 How do I feel now?

Re-rate it. It doesn't need to drop to zero. A little more warmth is the win.

How harshly am I treating myself about this now?

1 2 3 4 5 6 7 8 9 10

Very gently — Very harshly

A phrase I want to remember next time:

07 Keep it going: an evening journal

Neff suggests trying this every evening for a week. Note one thing from the day you felt bad about, then take it through the three parts.

Mindfulness	Common humanity	Kindness
How I felt, said plainly	How it's part of being human	What I'd say to myself kindly

When you're done, a moment to reflect

- When did you last treat a friend with real kindness? What would it take to give yourself the same?
- What does your harshest inner voice say most often, and whose voice does it sound like?
- What are you afraid would happen if you stopped being so hard on yourself?
- What are you struggling with that many other people struggle with too?
- What would having your own back look like this week?

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My Letting Go of the Past Worksheet

Seven steps to take one thing you keep replaying from a loop to a choice: what it costs you, what was never yours to control, what you'll keep, and what you'll turn towards. If it's trauma or abuse, or it brings flashbacks, nightmares or panic, please talk to a GP or a trauma-focused therapist instead.

01 What I keep going back to

Name it in a line or two, as plainly as you can. Then notice when it tends to show up and how much room it takes.

The thing I keep replaying (what happened, or what didn't):

When it shows up most (times, places, reminders):

How much of my mind is it taking up right now?

1 2 3 4 5 6 7 8 9 10

Hardly any — Most of it

02 What replaying it gives me, and what it costs me

Going back over the past usually feels useful in some way, or you wouldn't keep doing it. Be honest about both sides. For example, 'it keeps them close' next to 'I can't enjoy anyone new'.

What replaying it gives me e.g. a feeling of control, closeness, hope of an answer	What it costs me e.g. sleep, mood, time, chances I skip

Has going over it again brought me anything new lately? If so, what?

03 What was in my control, and what wasn't

Sort the pieces honestly. Your choices go on the left. Other people's choices, luck, timing and things you couldn't have known go on the right. If someone hurt you, what they did belongs on the right.

What was in my control then What I did, said or chose	What wasn't Other people, circumstances, what I couldn't know

What did I know at the time, compared with what I know now?

04 What I've learned, and what I want to keep

Letting go isn't throwing everything away. Some of it is worth carrying: a lesson, a good memory, a strength you found, a person who showed up for you.

What this taught me about myself, other people or what matters to me:

What I want to keep from it:

1.
2.
3.

05 A letter I won't send

Write to the person, the place or the past itself. Say what you never got to say: what happened, how it felt, what you wish had been different, and what you're ready to put down. This letter is for you. Don't send it, and don't contact anyone who hurt you because of it.

Start with 'Dear ...' and write until you've said it:

06 A small act of closing

Some endings never got a proper ending. A small, deliberate act can mark one. It doesn't have to be grand or make sense to anyone else. Tick one, or write your own.

- [ ] Tear up or shred the letter I just wrote.
- [ ] Put old photos, messages or objects in a box, and put the box away.
- [ ] Go somewhere that mattered one more time, then leave on purpose.
- [ ] Delete or archive a thread I keep rereading.
- [ ] Say goodbye out loud, on my own or with someone I trust.
- [ ] Do something kind in the spirit of what I want to keep.

What I'll do, and when:

07 What I'll turn towards, and a plan for when it comes back

The past will still show up sometimes. Decide what you want more room for now, and have an if-then plan ready, so a reminder doesn't pull you back into the whole loop.

What matters to me now that I want more time and attention for:

One small step towards it this week:

If...
e.g. I start replaying it in bed

Then I will...
e.g. notice it, name it 'the old loop', and put on a podcast

How much of my mind is it taking up now?

1 2 3 4 5 6 7 8 9 10

Hardly any — Most of it

When you're done, a moment to reflect

- What am I hoping to find if I go over it one more time?
- What would I tell a friend who had been replaying this for as long as I have?
- What part of my life is waiting for the room this is taking up?
- Who would I be, or what would I do, if this didn't define me?
- What would a day look like where I remembered it but didn't relive it?

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My Gratitude Journal

Six short prompts to notice and savour what's already good, plus a list of extra prompts to take away and reuse.

01 Settle in

How easy is it to notice good things today?

1 2 3 4 5 6 7 8 9 10

Really hard right now — Coming easily

One small good thing about right now, this minute:

02 Three good things from today

The classic exercise. Write three things that went well, however small, and a word on why each one mattered or how it came about.

What went well	Why it mattered, or how it happened

03 A person I'm grateful for

Gratitude often feels strongest when it has a face. Pick one person, recent or from long ago.

Who, and what they did:

Have I ever actually told them? If not, what would I say?

04 Something ordinary I usually walk past

The everyday things you stop seeing because they're always there: a warm shower, a working body, a quiet street, someone who texts back.

One ordinary thing I'd genuinely miss if it were gone:

05 A hard thing that also gave me something

This one is gentle, not forced. Not every difficulty has a silver lining, and you don't have to find one. But sometimes a tough stretch also taught, strengthened, or rearranged something for the better.

A difficulty that, looking back, also gave me something, and what that was:

06 Savour one of them

Pick the entry above that has the most warmth in it, and slow down on it. Gratitude grows when you relive a good thing in detail rather than just listing it.

Replay it: where you were, what you saw and felt, why it stays with you.

07 Prompts to take with you

Tick these off over the coming weeks. One is plenty for a sitting. Variety keeps the practice from going stale.

- [ ] What made me smile, even briefly, today?
- [ ] Who has helped me get to where I am, and how?
- [ ] What do I have now that I once hoped for?
- [ ] What in my body or health am I glad of today?
- [ ] What small comfort would I miss most if it vanished?
- [ ] What's something about today I won't get to do forever?
- [ ] Who could I thank this week, and haven't?
- [ ] What went right that I had nothing to do with?

When you're done, a moment to reflect

- Which entry carried the most actual warmth, not just the one you 'should' feel grateful for?
- Was anything harder to write than you expected, and what might that be pointing at?
- Who came up that you could genuinely thank this week?

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