## A mental model for self-care

|   | Physical | Emotional | Intellectual | Spiritual | Social | Sexual |
|---|----------|-----------|--------------|-----------|--------|--------|
| What can you start or continue to do to improve this aspect of your life? |          |           |              |           |        |        |
| What can you reduce or stop to not make this aspect of your life worse?   |          |           |              |           |        |        |

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