

# — My Self-Care Go-To Strategies —

## Safety

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Current:

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New:

## Belonging

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Current:

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New:

## Esteem

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Current:

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New:

## Self-Actualization

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Current:

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New:

## Transcendence

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Current:

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New:

## Physiological

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Current:

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New:

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After you read each chapter, write down some of your go-to strategies that you currently do and some new ones you would like to begin implementing.