Physical

Write down how accomplishing your physical goals will impact other areas of self-care.

Example:
- Quitting smoking
    - Financial : will allow me to save money
    - Social : will allow me to feel more confident in social situations (not being amongst the few smokers)
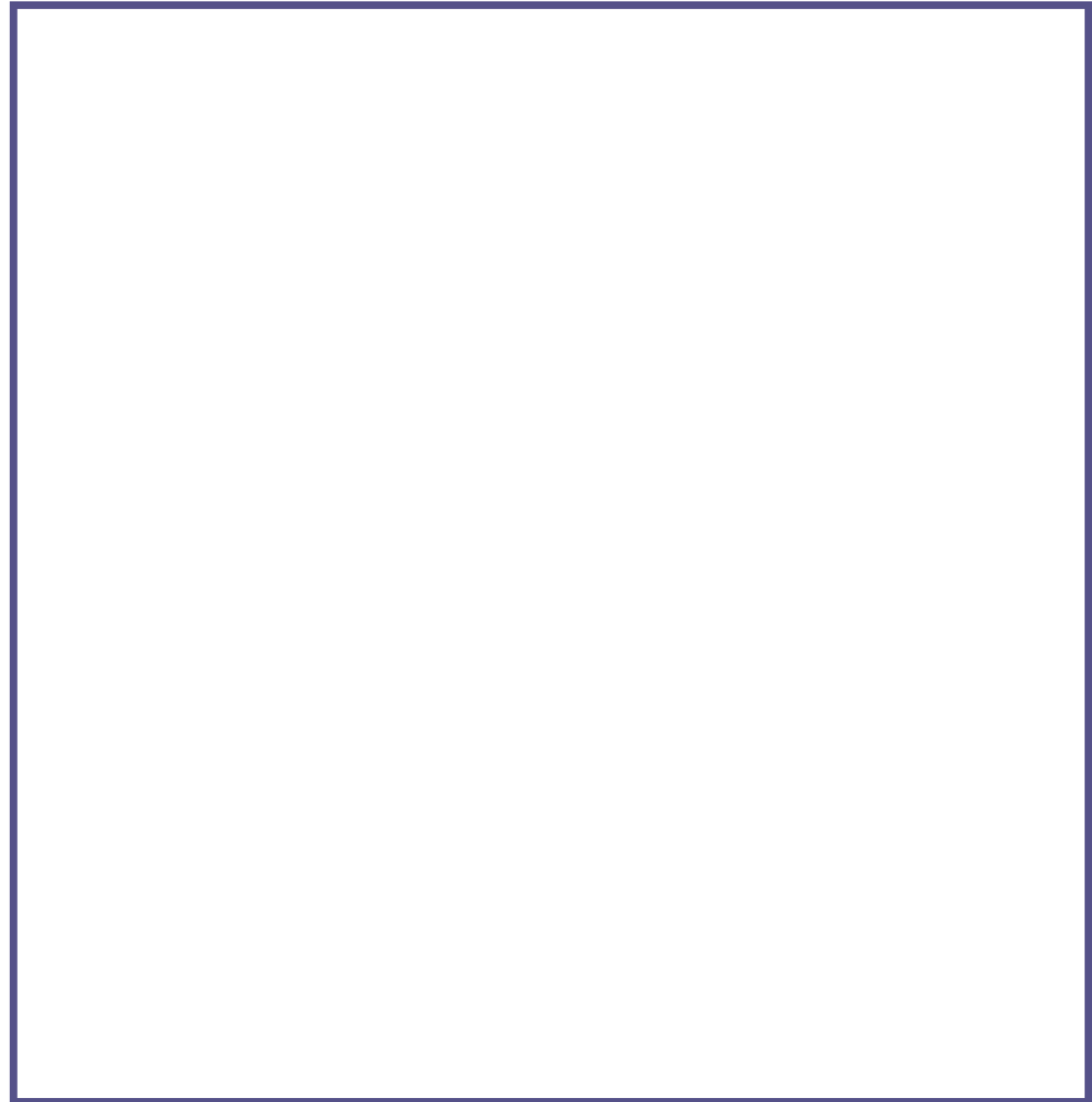   - Physical : will all me to be healthier, have more energy, my house will smell better and so will I.

Mental

Write down how accomplishing your mental goals will impact other areas of self-care.

Example:
- Taking a cooking class at the local community centre:
    - Social : will allow me to meet new people
    - Emotional : will increase my confidence
    - Physical : will encourage me to eat healthier

Social

Write down how accomplishing your social goals will impact other areas of self-care.

Example:
- Joining a support group:
  - Social : will allow me to meet new people
  - Emotional : will increase my confidence, help manage my stress, allow me to feel connected to others
  - Spiritual : will support me in living my core values

Spiritual

Write down how accomplishing your spiritual goals will impact other areas of self-care.

Example:
- Find my purpose:
  - Emotional : will increase my confidence, allow me to increase joy and enthusiasm, increase my motivation
  - Spiritual : will allow me to align my goals with my core values

Financial

Write down how accomplishing your financial goals will impact other areas of self-care.

Example:
- Increase my income by 10 000$:
    - Physical : will allow me to do the renovations necessary on my home, will allow me to by a gym membership
    - Social : will allow me to go out with friends more often
    - Mental : will allow me to continue my education
    - Emotional : will help decrease my stress

SELF-CARE

Emotional:

Write down how accomplishing your emotional goals will impact other areas of self-care.

Example:
- Learn to manage my anger:
  - Social : will improve my relationship with others
  - Emotional : will align my behaviour with my core values