

Pyramid of Self Care

Step 1:

Brainstorm a list of activities that you think would be beneficial for your own self-care.

Aim for six activities (or more)!

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Step 2:

Once you have completed Step 1, organize your self-care activities into a **pyramid**.

The activities closer to the **top** of the pyramid should be the ones that you think would have the **biggest positive impact** on you.

Suggestion: Write each activity on a sticky note or separate pieces of paper so you can move them around as you decide how you want your pyramid to look.

The diagram shows a pyramid structure with three levels of boxes. The top level has one box. The middle level has two boxes. The bottom level has three boxes. This structure is intended for organizing self-care activities, with the most impactful activities at the top.