Being Selfish Worksheet

We cannot give to others if we have not first taken care of ourselves.

1. What does being selfish mean to you? __________________________________________
________________________________________________________
________________________________________________________
________________________________________________________

2. Are these your beliefs or something you’ve learned? Are they true for you? ______________
________________________________________________________
________________________________________________________
________________________________________________________

3. If you were to define Selfish into a positive statement, what else might selfish mean for you? ______
________________________________________________________
________________________________________________________
________________________________________________________

4. List 9 things you do or used to do that nurture you, nourish you, bring you joy, make you feel good

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________
5. __________________________________________________________
6. __________________________________________________________
7. __________________________________________________________
8. __________________________________________________________
9. __________________________________________________________
4. When was the last time you did any of these things for yourself? ____________________________

____________________________________

5. Choose at least two things from your list that you know will help you feel more relaxed, more joyful in your daily life. Pick one thing that you will do every day and one thing that you will do once a week.

6. Take out your calendar and write down when you will do them. Make the commitment to care for yourself first!