Chaplaincy training: Self-care Worksheet

**Part 1:** My patterns / symptoms / suffering:

**Part 2:** My plan for self-care:

1. Rituals of containment
2. Rest of body & mind
3. Reflection on significant experiences, personal history, personhood
4. Rejuvenation of spirit
5. Re-evaluation of goals, abilities, and plans/vision
6. Revise/renew refuges, commitment
7. Refine theology/buddhology/spiritual views
8. Other

*To give light, one must endure burning* ~ Viktor Frankl