

Boots on the Ground Worksheet

The Self-Care Is Mine — Rise. Reset. Reclaim.



Step 1: Foundation Boot

What grounds me?

(Examples: gym, walking, stretching, moving my body)

Write down 2–3 activities you can do this week to stay grounded:

Step 2: Protection Boot

How do I protect my peace?

(Examples: prayer, devotion, journaling, affirmations)

List 2–3 practices you'll commit to protecting your mind + spirit:

STEP 3: STABILITY BOOT

What keeps me steady day to day?

(Examples: tea, breathing exercises, morning routines, affirmations)

Write 2–3 small habits that bring balance and stability:

Reflection:

Which “boot” do I put on the most? _____

Which “boot” do I neglect the most? _____

What's one step I can take this week to lace up all three boots daily?

Remember: Self-care isn't selfish — it's survival. Lace up your boots daily and rise into your best self.

