Empowering Self Care Activities

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

A printable reflection and practice resource Created by Michelle D. Elder, MSW, LMHC. This worksheet is a free educational wellness resource from My Reflective Collective.

- Use what supports you. Skip, pause, adapt, or connect with a licensed therapist, healthcare provider, advocate, or trusted support if reflection brings something up.

Please read before using this resource

Empowering Self-Care Activities

Self-Care, Boundaries & Personal Direction

This does not replace therapy This worksheet is a general educational and self-reflection resource. It is not individual therapy, group therapy, counseling, medical or psychiatric care, diagnosis, treatment, legal advice, or crisis intervention. It may be used alongside therapy or other qualified professional support when that is appropriate for you, but it does not replace those services.

- Use choice and care You may skip a question, adapt an activity, pause, or stop. Some topics or exercises may bring up discomfort, strong emotions, memories, dizziness, or physical sensations. Clinical or wellness terms are used only for general education and are not a personalized assessment or recommendation.

Seek appropriate support Consult an appropriately qualified professional about your individual mental health, physical health, medications, safety, legal matter, or treatment decisions. No outcome is promised, and information or external links may change.

Emergency and crisis needs text 988 for suicide or crisis support. Call 911 for an immediate emergency when that is safe and appropriate. Outside the United States, use local emergency or crisis resources.

Created by Michelle D. Elder with AI used as a collaborative drafting and organizing tool to support self-growth and reflection. AI-assisted material can contain errors or oversimplifications. This resource has educational intent and should not be treated as personalized professional judgment. reviewed for web immediate danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle publication: June 27, 2026.

EmpoweringSelf-CareActivities Herearesomeempoweringself-careactivitiesyoucandoat homethat will helpyouchannelyour inner

fierceenergyandbuildupyour confidence:

1. Power Posing:

l Action: Standtall withyour feet firmlyplanted, handsonyour hips, chest open, andheadheldhigh.

Holdthisposefor

2minutes.l Benefit: Power poseshelpyoufeel confident andassertive. Theyactivateyour body'snatural feelingsof empowerment andareproventoboost feelingsof self-worth.l FierceFactor: It'sabout embodyingconfidencebeforeyouevenstepout thedoor,mentallyandphysicallypreparingyourself toconquer theworld.

2. EmpoweringMusicPlaylist:

l Action: Curateaplaylist of songsthat makeyoufeel fierce, confident, andreadytotakeonlife. Thinkpowerful anthemslike"Flawless"byBeyoncéor "Unstoppable"bySia.l Benefit: Musiccanchangeyour moodandstateof mindinstantly. Playingsongsthatenergizeandempower youhelpsboost your

mental strength.l FierceFactor:

Musicconnectstoyour inner badass. Blast thesetuneswhilecleaning,workingout, or just gettingreadyfor your day.

3. Mirror Affirmations:

l Action: Standinfront of amirror, lookyourself intheeye, andrepeat affirmationsthatchannel your inner strength.

Try: "I amfierce," "I amunstoppable," "I demandrespect,"

or"Noonedefinesmyworthbut me."l Benefit:

Affirmationshelprewireyour braintofocusonyour strengthsandvalue,buildingapositiveself-image.l FierceFactor:

Owningyour spaceandspeakingpowerfullytoyourself tapsintoyourinner strengthandrewiresnegativeself-talk.

4. DresstoEmpower:

l Action: Evenif you'restayingat home, put onanoutfit that makesyoufeel likeabadass. Whether it'saboldredlipstick, aleather jacket, or evenyour favoritecozybutempoweringrobe-wear what makesyoufeel

powerful.l Benefit: Thewayyoudresscanhaveabigimpact onhowyoufeel about

yourself.Dressinginsomethingthat makesyoufeel fiercehelpsyoustepintoyour most confidentself.l FierceFactor: Owningyour personal styleisaformof self-expressionthat reflectsyourinner power.

5. DIYAt-HomeSpaDay:

l Action: Set asidetimetopamper yourself-drawabathwithyour favoriteessential oils,doafacemask, andmoisturize.l Benefit: Self-careritualslikeskincareor takingaluxuriousbathhelpyouconnect withyour bodyandshowyourself love.l FierceFactor: Prioritizingyour well-beingisaradical act of self-love. It reaffirmsthatyoudeservetimeandcare, makingyoufeel empoweredfromtheinsideout.

6. Journalingfor Empowerment:

l Action: Writeabout momentswhenyou'vefelt most powerful, challengesyou'veovercome, andwaysyoucanchannel that strengthinyour dailylife.l Benefit: Journalinghelpsyoureflect onyour inner strengths, challengesyou'veconquered, andwhat you'velearnedfromthem.l FierceFactor: Remindingyourself of your accomplishmentsandinner resiliencebuildsconfidenceandclarity, reinforcingyour inner badass.

7. CreativeExpression(Art/Dance):

l Action: Engageinsomeformof creativeexpression-whether it'spainting, dancing, orcrafting-somethingthat letsyouunleashyour emotions.l Benefit: Creativityallowsyoutoexpressyourself without wordsandtapintoemotionsthat might behardtoaccessotherwise.l FierceFactor: Expressingyour trueself, without limitationsor judgment, letsyour innerfiercespirit flowfreely.

8. StrengthTrainingor Boxing:

l Action: Doaworkout that makesyoufeel physicallypowerful, likestrengthtraining,boxing, or evenyogathat focusesongroundingandstability.l Benefit: Physical activityboostsendorphins, reducesstress, andreinforcesyour senseof physical strengthandmental toughness.l FierceFactor: Channel your energyintosomethingthat makesyoufeelstrong-breakingasweat canhelpyoufeel likeatruewarrior.

9. Set BoundariesandPracticeSaying"No":

l Action: Spendtimeidentifyingyour boundariesandpracticesaying"no" tothingsthatdon't serveyour well-being.l Benefit: Settingboundariesisanessential part of self-care, allowingyoutoprotect yourenergyandprioritizeyourself.l FierceFactor: Owningyour time, energy, andchoiceswithout guilt isakeytoempowerment.

You'refiercewhenyoutakecontrol of what youwill andwon't accept.

10. ReadBooksbyEmpoweringWomen:

l Action: Readempoweringbooksor listentopodcastsbywomenwhoinspireconfidence,

like"Untamed"byGlennonDoyleor "YouAreaBadass"byJenSincero.l Benefit:

Readingstoriesandadvicefromother

fiercewomencaninspireyour ownjourneytowardempowerment.l FierceFactor: Knowledgeispower.

Connectingwithstoriesof resilienceandstrengthfromother womenamplifiesyour inner voice.

Byincorporatingtheseactivitiesintoyour self-careroutine, you'll not onlybetakingcareofyourself but activelybuildingthefierceenergyyouneedtoget throughlife'schallengeswithstrength, grace, andawholelot of badassery. danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle D. Elder, MSW, LMHC. My Reflective Collective.

More free My Reflective Collective tools Printable links below. The worksheet wording itself is unchanged.

Scan the QR code or use the first link to open this worksheet online.

The online reader can support read-aloud tools and browser translation.

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Educational wellness notice This worksheet and website offer educational wellness and self-reflection tools only.

They are not therapy, diagnosis, medical care, legal advice, crisis care, or individualized safety planning.

Pause or stop any activity that feels wrong, unsafe, inaccessible, or too much.

For immediate danger or a medical emergency, call 911. In the U.S., call or text 988 for crisis support.

Michelle D. Elder, MSW, LMHC | My Reflective Collective

Safety, Privacy & Educational Use

My Reflective Collective - Michelle D. Elder, Msw, Lmhc

If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible.

_____ _____ Privacy and safer searching If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal

advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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