

SELF-CARE CHECK-IN & NEEDS REVIEW

Where do I need to take care of myself more?

- This is a quick coaching exercise to help you connect with yourself and find out what you may be needing.
- Simply look at the list below and FIRST score each item out of 10. Then answer "What do I need?"
- Finally answer the quick questions underneath - including ONE action for yourself! NB. It's important that the score is your FIRST response ie. your initial or gut reaction and how you are actually feeling NOT "shoulds".
- Let's take a more specific look at what form/s of self-care you might be needing:

Where do I need to take care of MYSELF more?

How satisfied are you currently in this area?
Score out of 10
(1 is low, 10 is high)

What do I need? What would raise my score?

1. My Energy Levels	____ / 10	_____
2. How Inspired I'm Feeling	____ / 10	_____
3. Fun and Play	____ / 10	_____
4. Self-Honesty	____ / 10	_____
5. Peace and Quiet	____ / 10	_____
6. Feeling Heard or Seen	____ / 10	_____
7. Feeling Accepted and Understood	____ / 10	_____
8. My Friendships	____ / 10	_____
9. My Physical Appearance	____ / 10	_____
10. Feeling Loved and Appreciated	____ / 10	_____
11. My Environment (eg. home, workspace)	____ / 10	_____
12. Physical Health	____ / 10	_____
13. My Feelings and Emotional Health	____ / 10	_____
14. Organization and Simplicity	____ / 10	_____
15. Being Challenged and Stretched	____ / 10	_____
16. Learning and Personal Growth	____ / 10	_____
17. Money/Finances	____ / 10	_____
18. Connection to Myself	____ / 10	_____
19. Relaxation and Pampering	____ / 10	_____
20. Something else: _____	____ / 10	_____

- What surprised you most about your responses? _____
- What patterns and themes do you notice? _____
- What else do you notice about your responses, that you perhaps haven't mentioned yet?
- Finally, write ONE action you will take THIS week to take more care of yourself:

PS. Feel free to turn over and write more action/s out OR find a post-it and write out your action/s to remind you!