

# Self-Care Needs Inventory

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Identifying our core needs is key to developing a personalized self-care plan. Go through the list and circle the ones that resonate with you. Next, identify the 2 that you believe are the most important to you.

## Connection

Acceptance  
Affection  
Appreciation  
Being heard  
Being seen  
Belonging  
Cooperation  
Communication  
Closeness  
Community  
Companionship  
Compassion  
Consideration  
Consistency  
Empathy  
Inclusion  
Intimacy  
Love  
Nurturing  
Respect  
Safety  
Security  
Stability  
Support  
Touch  
Trust  
Understanding  
Warmth  
Vulnerability

## Honesty

Authenticity  
Clarity  
Integrity  
Presence

## Physical Well-Being

Air  
Food  
Exercise  
Movement  
Relaxation  
Rest  
Sleep  
Sexual expression  
Safety  
Shelter  
Water

## Play

Fun  
Joy  
Humor  
Travel

## Peace

Balance  
Beauty  
Ease  
Equality  
Equanimity  
Financial Security  
Harmony  
Inspiration  
Order  
Silence

## Autonomy

Choice  
Expression  
Freedom  
Independence  
Space  
Spontaneity

## Meaning

Awareness  
Career  
Celebration  
Challenge  
Competence  
Consciousness  
Contribution  
Creativity  
Courage  
Discovery  
Efficacy  
Effectiveness  
Excellence  
Faith  
Growth  
Hope  
Learning  
Legacy  
Participation  
Purpose  
Self-expression  
Spirituality  
Stimulation  
Understanding  
Uniqueness  
Wealth

“

WHAT BRINGS US JOY CAN  
OFTEN BE TRACED BACK TO  
MEETING OUR DEEPEST NEEDS.



# **ME, TOO.**

## MY SELF-CARE PLAN

**I COMMIT TO THE FOLLOWING:**

For me, at home:

For me, at work:

For my staff: