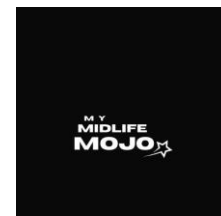


## Where Do You Need to Take Care of Your 'Self' More?

- This is a quick self-coaching exercise to help you connect with yourself, and discover what you might need...
- 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 identifying ONE action for yourself!
- NOTE: It's important to use your initial or *first* response as your score i.e. use your gut reaction, NOT "should" scores.



Let's take a more specific look at what form/s of self-care you might be needing:

<b>Where do I need to take care of myself more?</b>	<b>Current Satisfaction Score</b> Score out of 10 (1 is low, 10 is high)	<b>What do I need? Or what would raise my score?</b>
1. My Energy Levels .....	___ / 10	_____
2. How Inspired I'm Feeling .....	___ / 10	_____
3. Fun and Play .....	___ / 10	_____
4. Self-Honesty .....	___ / 10	_____
5. Feeling Heard or Seen .....	___ / 10	_____
6. Feeling Accepted and Understood .....	___ / 10	_____
7. My Friendships .....	___ / 10	_____
8. My Physical Appearance .....	___ / 10	_____
9. Feeling Loved and Appreciated .....	___ / 10	_____
10. My Environment (eg. home, workspace etc.)..	___ / 10	_____
12. My Feelings and Emotional Health .....	___ / 10	_____
13. Organization and Simplicity .....	___ / 10	_____
14. Being Challenged and Stretched .....	___ / 10	_____
15. Learning and Personal Growth .....	___ / 10	_____
16. Money/Finances .....	___ / 10	_____
17. Connection to Myself .....	___ / 10	_____
18. Relaxation and Pampering .....	___ / 10	_____
19. Sense of Peace and Contentment.....	___ / 10	_____
20. Physical Health.....	___ / 10	_____
21. 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: \_\_\_\_\_

Turn over and write more actions out OR find a post-it and write out your action/s to remind you!

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