

■ Holistic Self-Care Check-In

Use this checklist to reflect on how well you're meeting your physical, emotional, professional, and spiritual needs. Rate each statement from 1 (Rarely/Never) to 5 (Consistently/Always).

■ Physical Self-Care

Statement	1	2	3	4	5
I get enough sleep to feel rested.					
I eat balanced, nourishing meals regularly.					
I stay hydrated throughout the day.					
I move my body in ways that feel good (exercise, stretching, walking, etc.).					
I take time to rest when I'm tired or ill.					
I attend regular medical or dental check-ups.					
Total					

■ Emotional Self-Care

Statement	1	2	3	4	5
I express my emotions in healthy ways.					
I set and maintain personal boundaries.					
I have supportive people I can talk to.					
I take time for hobbies, relaxation, and fun.					
I practice self-compassion and positive self-talk.					
I ask for help when I need it.					
Total					

■ Professional / Practical Self-Care

Statement	1	2	3	4	5
I manage my workload in a sustainable way.					
I take regular breaks during work.					
I maintain a healthy work-life balance.					
I pursue opportunities for growth or learning.					
I feel respected and valued in my work.					
I unplug from work outside of work hours when possible.					
Total					

■ Spiritual / Inner Self-Care

Statement	1	2	3	4	5
I spend time reflecting or connecting with my inner self.					
I engage in activities that give me purpose or meaning.					
I spend time in nature or quiet environments.					
I practice gratitude, prayer, or meditation.					
I act in ways that align with my personal values.					
I allow space for rest, stillness, or creativity.					
Total					

■ Reflection

- Which category scored the highest?
- Which area might need more attention right now?
- What is one small change you could make this week to support that area?