

PHYSICAL SELF CARE

Assess your habits and practices related to physical health, including exercise, sleep, nutrition, and overall vitality. Discover strategies to optimize your physical well-being and cultivate a healthier lifestyle.

MENTAL SELF CARE

Reflect on your thoughts, emotions, and coping mechanisms. Evaluate your mental health practices, such as mindfulness, stress management, self-compassion, and seeking support when needed. Explore ways to nurture your mental well-being and build resilience.

ASSESSING YOURSELF

SOCIAL SELF CARE

Examine your connections and relationships with others. Assess the quality of your social interactions, communication skills, boundaries, and sense of belonging. Discover how to foster meaningful connections and support networks in your life.

SPIRITUAL SELF CARE

Explore your sense of purpose, meaning, and connection to something greater than yourself. Reflect on your spiritual practices, beliefs, values, and rituals. Discover ways to deepen your spiritual connection and cultivate inner peace and harmony.

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PHYSICAL SELF CARE

1. Do you engage in at least 30 minutes of physical activity most days of the week?
2. Do you typically get 7-9 hours of sleep per night?
3. Do you regularly participate in exercise or physical activity that increases your heart rate?
4. Do you experience any physical discomfort, such as pain, tension, or stiffness, on a regular basis?
5. Do you feel consistently energized and alert throughout the day?
6. Are you mindful of your posture and body alignment during daily activities?
7. Do you prioritize eating a balanced diet with plenty of fruits, vegetables, and whole grains?
8. Have you experienced any recent changes in your physical health that concern you?
9. Do you practice relaxation techniques, such as deep breathing or meditation, to alleviate stress?
10. Do you schedule routine check-ups with healthcare providers to monitor your physical health?

MENTAL SELF CARE

1. Do you set aside time each day for activities that you enjoy and find fulfilling?
2. Do you practice mindfulness or meditation to help calm your mind and reduce stress?
3. Do you regularly engage in activities that stimulate your creativity or intellect?
4. Do you have healthy boundaries in place to protect your mental and emotional well-being?
5. Do you prioritize self-compassion and speak to yourself with kindness and understanding?
6. Do you actively seek out social connections and support from friends, family, or community?
7. Do you take breaks when needed and allow yourself time to rest and recharge?
8. Do you challenge negative thoughts and practice reframing them in a more positive light?
9. Do you have effective strategies for managing stress and coping with difficult emotions?
10. Do you seek professional help or guidance when you're struggling with your mental health?

SOCIAL SELF CARE

1. Do you make time to connect with friends, family, or loved ones regularly?
2. Do you actively seek out opportunities to meet new people and expand your social circle?
3. Do you prioritize spending time with people who uplift and support you?
4. Do you set boundaries with individuals who drain your energy or negatively impact your well-being?
5. Do you engage in activities or hobbies that allow you to connect with others who share your interests?
6. Do you reach out for help or support from friends or family when you're going through a challenging time?
7. Do you participate in social events or gatherings that bring you joy and fulfillment?
8. Do you feel a sense of belonging and connection within your social network?
9. Do you express gratitude and appreciation for the relationships in your life?
10. Do you have healthy communication skills and feel comfortable expressing your thoughts and emotions to others?

SPIRITUAL SELF CARE

1. Do you set aside time for spiritual practices such as prayer, meditation, or reflection?
2. Do you feel connected to something greater than yourself, whether it be nature, the universe, or a higher power?
3. Do you engage in activities that nourish your soul and bring you a sense of peace and purpose?
4. Do you seek out opportunities for spiritual growth and exploration?
5. Do you incorporate rituals or traditions into your daily life that hold personal significance for you?
6. Do you find solace and comfort in moments of silence or solitude?
7. Do you feel aligned with your values and beliefs, living in accord with what is meaningful to you?
8. Do you engage in acts of kindness and compassion towards yourself and others?
9. Do you practice gratitude and cultivate an attitude of appreciation for the blessings in your life?
10. Do you seek out opportunities for learning and personal development that align with your spiritual beliefs?