

# Self-Care Check-In

Date:

What Helped	Self-Care	What Hurt
	Physical Health	
	Social Needs	
	Mental Health	
	Stress Relief	
	Finances	
	Boundaries	
	Happiness	

Favorite Acts of Self-Care

Morning Routine

Evening Routine

Boring/Unfun Self-Care

Daily Self-Care Routine

Rate Your Self-Care: 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

Needs Work

Awesome