

SELF-  
CARE

# CHECKUP

DON'T FORGET TO  
DRINK WATER AND  
GET SUNLIGHT.  
YOU'RE BASICALLY  
A HOUSEPLANT  
WITH MORE  
COMPLICATED  
EMOTIONS.

- unknown





## a quick note

We all know that getting a regular physical exam or dental checkup is important for our overall health. But when was the last time you got a checkup for your emotional health? Emotional health is just as important as physical health but is often overlooked. Self Care Checkups are a great way to get perspective on your overall health and wellbeing. It gives you a look at your emotional health, self care skills and coping habits.

Actively taking care of ones self is important and often many of us find that we are neglecting our needs and using unhealthy coping mechanisms to help us to avoid, ignore or medicate our stress and struggles. If you discover you are lacking in the areas of healthy coping skills, self care tools or struggling with limiting beliefs and negative self talk, please send me an email or message. I would love to work with you and help you to overcome obstacles and improve your emotional health.

*evelyn james*  
coaching & consulting



# WHERE DO I NEED TO CARE FOR MYSELF MORE?

**How satisfied am I currently in this area?**  
(1 is Low 10 is High)

**What do I need? What would raise my score?**

1. My energy Levels .....	_____ /10	_____
2. How inspired I'm Feeling.....	_____ /10	_____
3. Fun & Play.....	_____ /10	_____
4. Self-Honesty .....	_____ /10	_____
5. Peace & Quiet.....	_____ /10	_____
6. Feeling Accepted & Understood.....	_____ /10	_____
7. Feeling Heard & Seen.....	_____ /10	_____
8. My Physical Appearance.....	_____ /10	_____
9. My Physical Health.....	_____ /10	_____
10. My Friendships.....	_____ /10	_____
11. Feeling Loved & Appreciated.....	_____ /10	_____
12. My Feelings & Emotional Health....	_____ /10	_____
13. Organization & Simplicity.....	_____ /10	_____
14. Learning & Personal Growth .....	_____ /10	_____
15. Money & Finances.....	_____ /10	_____
16. Connection to Myself .....	_____ /10	_____
17. My needs are met.....	_____ /10	_____
18. Relaxation & Pampering.....	_____ /10	_____
19. Other: _____ .....	_____ /10	_____

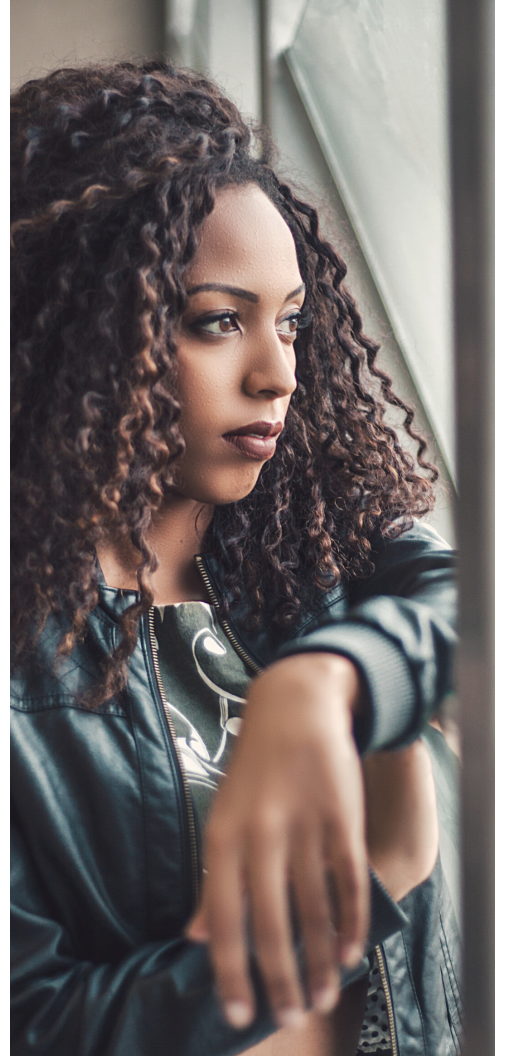
# EXAMINE

What surprised you about your responses?

What patterns or themes did 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:





# SELF CARE

There are no right or wrong answers. Just answer however seems appropriate for you right now and see what you learn about yourself.

Answer with Yes, No or Sometimes.

1. I am up to date on optician, dentist and other health check ups
2. I am happy with my physical fitness and energy levels
3. I eat well nutritionally most of the time and do not abuse my body with caffeine, alcohol or similar
4. I have plenty of sleep so I always feel well rested
5. I take regular breaks from my work during the day, at weekends and use my holidays for enjoyment and relaxation
6. I say "NO" to myself and others when I need to
7. I like how my hair is at the moment and I am happy with my wardrobe and my "style"
8. I meditate journal, quietly relax or have alone time with myself regularly
9. I prioritize how I spend my time and important things always get done in plenty of time
10. My home is cleaned regularly to a standard I am happy with
11. My home is organized and tidy and somewhere I love to be
12. My home is a clam haven that takes me away from the stresses of the world.
13. I recognize my stress signals and know when to take a break.
14. I have enough people in my life who love and support me
15. Apart from exceptional situations, I only spend time with people who support energize and inspire me
16. I listen to and trust my intuition when it comes to looking after myself.
17. I have no regrets and have forgiven myself for past mistakes
18. I have a mentor or coach that is supports and encourages me in life
19. I have reserves of things that are important to me or help my life run smoothly (anything from contact lens solution to pens, vitamins, or bathroom tissue)
20. I have things to look forward to in my life.



# PHYSICAL SELF-CARE

Rate the frequency of the following.

5 = frequently

4 = occasionally

3 = rarely

2 = never

1 = it never occurred to me

Eat regularly (e.g. breakfast, lunch and dinner) \_\_\_\_\_

Eat healthy foods \_\_\_\_\_

Get enough sleep \_\_\_\_\_

Exercise consistently \_\_\_\_\_

Get regular medical care for prevention \_\_\_\_\_

Get medical care when necessary \_\_\_\_\_

Get regular dental care for prevention \_\_\_\_\_

Take time off when sick \_\_\_\_\_

Do physical activities that are enjoyable to me \_\_\_\_\_

Take time to be sexual \_\_\_\_\_

Take day trips, min vacations or vacations \_\_\_\_\_

Wear clothes you like \_\_\_\_\_

Take days off from social media & telephones \_\_\_\_\_



# PSYCHOLOGICAL SELF-CARE

Rate the frequency of the following.

5 = frequently

4 = occasionally

3 = rarely

2 = never

1 = it never occurred to me

Make time for self-reflection \_\_\_\_\_

Engage in personal psychotherapy \_\_\_\_\_

Write in a journal \_\_\_\_\_

Read literature that is unrelated to work \_\_\_\_\_

Do something in which you are not an expert or in charge \_\_\_\_\_

Cope with stress in personal and/or work life \_\_\_\_\_

Notice inner experience (e.g. listen to and recognize thoughts, judgments, beliefs, attitudes and feelings) \_\_\_\_\_

Communicate my needs and wants openly \_\_\_\_\_

Try new things \_\_\_\_\_

Practice receiving from others \_\_\_\_\_

Improve ability to say “no” to extra responsibilities \_\_\_\_\_

Set and maintain healthy boundaries \_\_\_\_\_

# EMOTIONAL SELF-CARE

Rate the frequency of the following.

5 = frequently

4 = occasionally

3 = rarely

2 = never

1 = it never occurred to me

Allow for quality time with others whose company I enjoy \_\_\_\_\_

Maintain contact with others I value \_\_\_\_\_

Give self affirmations and praise \_\_\_\_\_

Love myself \_\_\_\_\_

Reread favorite book \_\_\_\_\_

Rewatch favorite movies \_\_\_\_\_

Identify and engage in comforting activities, objects, people, relationships  
and places \_\_\_\_\_

Allow for feeling expression (laugh, cry, etc....) \_\_\_\_\_

Connect with a good friend in person or on the phone to talk \_\_\_\_\_

Journal \_\_\_\_\_

Address and acknowledge my fears, stressors and struggles \_\_\_\_\_

Laugh daily \_\_\_\_\_

Find and include things that create Joy in my life \_\_\_\_\_







# SPIRITUAL SELF-CARE

Rate the frequency of the following.

5 = frequently

4 = occasionally

3 = rarely

2 = never

1 = it never occurred to me

Allow time for reflection \_\_\_\_\_

Spend time with nature \_\_\_\_\_

Participate in a spiritual community \_\_\_\_\_

Open to inspiration \_\_\_\_\_

Cherish own optimism and hope \_\_\_\_\_

Be aware of nonmaterial aspects of life

Cultivate ability to identify what is meaningful and its place in personal life \_\_\_\_\_

Meditate / Pray \_\_\_\_\_

Read your preferred spiritual book \_\_\_\_\_

Contribute to causes in which you believe \_\_\_\_\_

Read inspirational literatures (lectures, music, etc.) \_\_\_\_\_

Volunteer \_\_\_\_\_

Other: \_\_\_\_\_



# PROFESSIONAL SELF-CARE

Rate the frequency of the following.

5 = frequently

4 = occasionally

3 = rarely

2 = never

1 = it never occurred to me

Allow for breaks during the workday \_\_\_\_\_

Engage with co-workers \_\_\_\_\_

Provide self quiet time/space to complete tasks \_\_\_\_\_

Participate in projects or tasks that are exciting and rewarding \_\_\_\_\_

Set limits/boundaries with clients and colleagues \_\_\_\_\_

Balance workload/cases \_\_\_\_\_

Arrange work space for comfort \_\_\_\_\_

Maintain regular supervision or consultation \_\_\_\_\_

Negotiate needs (benefits, bonuses, raise, etc.) \_\_\_\_\_

Participate in peer support group \_\_\_\_\_

Add things to your day that you enjoy \_\_\_\_\_

Leave space to be creative \_\_\_\_\_

Plan for /Dream of retirement \_\_\_\_\_

Other: \_\_\_\_\_