

Self-Care Check-In & Needs Review

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 ie. **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:

Where do I need to take care of myself more?

How satisfied am I currently in this area? Score out of 10 (1 is low, 10 is high)

What do I need? Or what would raise my score?

1. My Energy Levels	_____ / 10	_____
2. How Inspired I'm Feeling	_____ / 10	_____
3. Fun and Play	_____ / 10	_____
4. Self-Honesty	_____ / 10	_____
5. Peace and Quiet	_____ / 10	_____
6. Feeling Heard or Seen	_____ / 10	_____
7. Feeling Accepted and Understood	_____ / 10	_____
8. My Friendships	_____ / 10	_____
9. My Physical Appearance	_____ / 10	_____
10. Feeling Loved and Appreciated	_____ / 10	_____
11. My Environment (eg. home, workspace etc.)	_____ / 10	_____
12. Physical Health	_____ / 10	_____
13. My Feelings and Emotional Health	_____ / 10	_____
14. Organization and Simplicity	_____ / 10	_____
15. Being Challenged and Stretched	_____ / 10	_____
16. Learning and Personal Growth	_____ / 10	_____
17. Money/Finances	_____ / 10	_____
18. Connection to Myself	_____ / 10	_____
19. Relaxation and Pampering	_____ / 10	_____
20. 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: _____

PS. If you need to, turn over and write more action/s out OR find a post-it and write out your action/s to remind you!