



# My Self-Care Check-In!



## Where do I need to take care of myself more?

- This is a quick coaching exercise to help you connect with yourself and find out what you may be needing.
- 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 ONE action for yourself! NB. It's important that the score is your FIRST response ie. Your initial or gut reaction and how you are actually feeling NOT "shoulds".
- So, 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 are you currently in this area?

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

Score out of 10  
(1 is low, 10 is high)

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) .....	___ / 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: \_\_\_\_\_

(Feel free to turn over and write your action/s out OR find a post-it and write your action/s on there to remind you!)