

Self-Care Check-In & Needs Review

Where do I need to take care of myself more?

- This is a quick 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".

Where do I need to take care of MYSELF more?

How satisfied are you currently in this area?

Score out of 10 (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 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. Organisation 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. My Relationships.....	___ / 10	_____

