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## Self-Care for Busy Entrepreneurs

- You are your business. It's easy to get caught up in making sure things happen and forget to do something as simple as drink water. Let's check in and review your needs.
- 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! It's important that the score is your FIRST response—your initial or gut reaction and how you are actually feeling NOT "shoulds."

**Let's take a more specific look at what forms 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 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 (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:

