

Self-Care Check-In & Needs Review



Where do I need to take more care of myself?

- This 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".
- 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?
Score out of 10 (1 is low, 10 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. 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? _____
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- Finally, write ONE action you will take THIS week to take more care of yourself: _____
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