



my-self-care check-in

- 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 score each item out of 10. Then answer "what do I need."
- Finally answer the quick questions underneath- including 1 action for yourself
- It is important that the score is your first response: your initial/gut reaction and how you are actually feeling, not "should feel"

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 (home, workspace).....	___ / 10	_____
12. Physical Health.....	___ / 10	_____
13. My Feelings and Emotional Health.....	___ / 10	_____
14. Organization and Simplicity.....	___ / 10	_____
15. Being Challenged.....	___ / 10	_____
16. Learning and Personal Growth.....	___ / 10	_____
17. Money/Finances.....	___ / 10	_____
18. Connection to Myself.....	___ / 10	_____
19. Relaxation/Pampering.....	___ / 10	_____
20. Something Else:.....	___ / 10	_____

What surprised you most about your response? _____

What patterns and themes do you notice? _____

Finally, write ONE action you will take THIS week to take more care of yourself:

(Feel free to write this on a post it note and place it on a mirror, planner etc. where it can be a reminder to you!)