

**SELF-CARE CHECK-IN & NEEDS REVIEW**

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 ten. Then answer “What do I need?”
- Finally answer the quick questions underneath – including ONE action for yourself.
- It is important that the score is your FIRST response, i.e., your gut reaction to the question how you are actually feeling, not how you “should” be feeling.

<b>Where do I need to take care of myself more?</b>	<b>How satisfied are you currently in this area?</b>	<b>What do I need? What would raise my score?</b>
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, work, etc.).....	___/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 the most about your responses? \_\_\_\_\_

What patterns or themes do you notice? \_\_\_\_\_

Write ONE action you will take THIS week to take more care of yourself: \_\_\_\_\_

\_\_\_\_\_