

Self-Care Review

Consider the categories and areas in the table on this page and the next. Identify a few things you are doing well and a few things that you could improve.

Category / Areas to Consider	What I'm Doing Well	Where I Could Use Some Improvements
Physical Nutrition Water Sleep Shelter Clothing Medical Dental Fitness / Exercise Physical safety		
Mental and Emotional Psychological safety Learning Managing thoughts Thinking Self-reflection Organization Feelings and emotions Stress management Love Confidence Emotional safety Balance Accomplishment Respect Recognition Self-esteem Self-compassion		

Category / Areas to Consider	What I'm Doing Well	Where I Could Use Some Improvements
Social Family Friends Relationships Connections Guidance Support Intimacy Belonging Boundaries Respect		
Spiritual Beliefs Values Purpose Nourishing the soul Spiritual safety Practicing gratitude Connecting with nature		
Professional Interesting projects Rewarding projects Taking breaks Maintaining balance Comfortable workspace Saying "no"		
Financial Adequate savings Financial security Budget		

What does taking care of your physical health look and feel like?

What does neglecting your physical health look and feel like?

What is getting in the way of nurturing your physical health?

What does taking care of your mental and emotional health look and feel like?

What does neglecting your mental and emotional health look and feel like?

What is getting in the way of nurturing your mental and emotional health?

Is there anything that is causing you significant stress right now?

Are there areas you know you might benefit from evaluating and changing that you have purposely avoided?

Are there areas you may lack awareness and might benefit from a conversation with a trusted person (lead to uncovering blind spots)?
