

Self Care Check Ins & Needs Review

Where do I need to take care of myself more?

1. This is a quick coaching exercise to help you connect with yourself and find out what you may be needing.
2. Simply look at the list below and FIRST score each item out of 10. Then answer "What do I need?".
3. 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 form/s 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 is 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 and 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	



Part Two - Review

What surprised you most about your responses?

What patterns and themes do you notice?

What else do you notice about your responses, that you haven't mentioned yet?

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

PS Feel free to turn over to write more action/s out OR find a post-it and write out your action/s to remind you!



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