

SELF-CARE CHECK-IN

PHYSICAL SELF-CARE

Using the key below, rate the level at which you feel you are able to show up for yourself through a specific activity. This list is not comprehensive, consider these foundational suggestions—some activities may not appeal to you or be accessible to you. Use the blank spaces to write in any of your own.

- 1 — I rarely do this or I don't do this well.
- 2 — I sometimes do this or I am average at doing this.
- 3 — I do this often or I do this very well.
- ✓ the empty box, if — I'd like to do this more often or I'd like to grow at this.

PHYSICAL SELF-CARE			
1	2	3	<i>Drinking adequate water</i>
1	2	3	<i>Eating regular meals and snacks</i>
1	2	3	<i>Getting sufficient sleep</i>
1	2	3	<i>Resting when needed</i>
1	2	3	<i>Moving my body</i>
1	2	3	<i>Getting outside to enjoy the fresh air</i>
1	2	3	<i>Attending maintenance or important doctor appointments</i>
1	2	3	<i>Maintaining good hygiene</i>
1	2	3	<i>Eating nutritious food that supports my body</i>
1	2	3	<i>Completing a breathing exercise</i>
1	2	3	<i>Changing up my environment</i>
1	2	3	
1	2	3	

TOTAL SCORE: _____

EMOTIONAL SELF-CARE

Using the key below, rate the level at which you feel you are able to show up for yourself through a specific activity. This list is not comprehensive, consider these foundational suggestions—some activities may not appeal to you or be accessible to you. Use the blank spaces to write in any of your own.

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EMOTIONAL SELF-CARE			
1	2	3	<i>Enjoying hobbies</i>
1	2	3	<i>Expressing my emotions + feelings</i>
1	2	3	<i>Appreciating my talents + skill sets</i>
1	2	3	<i>Exploring new things</i>
1	2	3	<i>Taking vacation or rest days</i>
1	2	3	<i>Unplugging from technology</i>
1	2	3	<i>Creating or appreciating art</i>
1	2	3	<i>Dedicating time to meditation or reflection</i>
1	2	3	<i>Volunteering</i>
1	2	3	<i>Watching or reading something light and funny</i>
1	2	3	<i>Writing a letter to myself</i>
1	2	3	
1	2	3	

TOTAL SCORE: _____

SOCIAL SELF-CARE

Using the key below, rate the level at which you feel you are able to show up for yourself through a specific activity. This list is not comprehensive, consider these foundational suggestions—some activities may not appeal to you or be accessible to you. Use the blank spaces to write in any of your own.

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SOCIAL SELF-CARE			
1	2	3	<i>Making time for friends + family</i>
1	2	3	<i>Engaging in mentally stimulating discussions</i>
1	2	3	<i>Experiencing emotional intimacy or vulnerability</i>
1	2	3	<i>Doing fun activities with others</i>
1	2	3	<i>My ability to ask for help</i>
1	2	3	<i>Participating in community events</i>
1	2	3	<i>Reaching out when in need of connection</i>
1	2	3	<i>Planning something with other people and getting it on the calendar</i>
1	2	3	<i>Sharing something you created with someone</i>
1	2	3	
1	2	3	
1	2	3	
1	2	3	

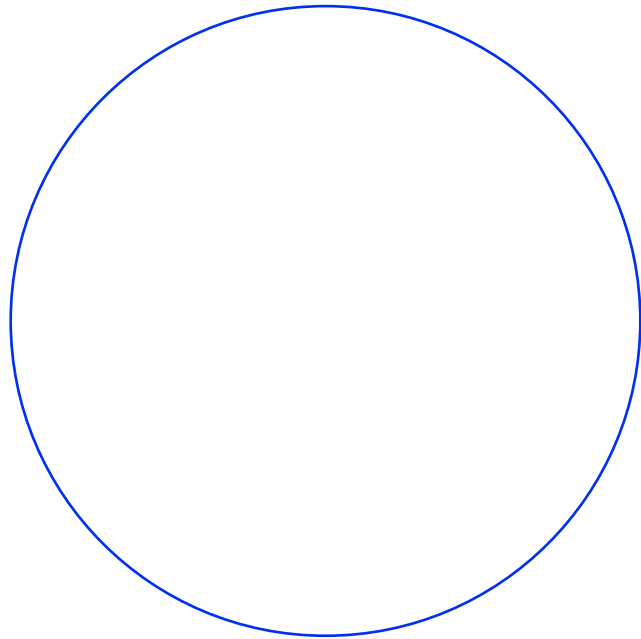
TOTAL SCORE: _____

This check-in is a quick way to see where you'd like to spend more time and energy showing up for yourself. Start by tallying up each of your scores in the different areas based on your results on pages 1-3. Use the circle below to create a pie chart to display your scores from the self-care checklists. This visual will highlight how you are currently showing up for yourself. And then journal about the ways you'd like to see yourself spend more time in those areas (or celebrate the ways you already are).

Social Self-Care: _____ %

Physical Self-Care: _____ %

Emotional Self-Care: _____ %



PHYSICAL SELF-CARE:

What are the 3 ways I'd love to put more time or energy into:

- _____
- _____
- _____

Something I want to celebrate:

EMOTIONAL SELF-CARE:

What are the 3 ways I'd love to put more time or energy into:

- _____
- _____
- _____

Something I want to celebrate:

SOCIAL SELF-CARE:

What are the 3 ways I'd love to put more time or energy into:

- _____
- _____
- _____

Something I want to celebrate:
