

Self-Care Check-in



The following assessment breaks self-care into 5 categories; physical, mental, emotional, spiritual, and social. Use the rating scale below to rate yourself on how often you do the following activities. Circle your response in the tables below. Once you have completed each section, add up your totals for each category.

1 = It never even occurred to me, 2 = Never, 3 = Sometimes, 4 = Occasionally, 5 = Frequently

<i>Physical Care</i>					
Get an adequate amount of sleep	1	2	3	4	5
Exercise	1	2	3	4	5
Eat foods that fuel your body	1	2	3	4	5
Stay hydrated by drinking plenty of water	1	2	3	4	5
Get massages, facials, manicures or pedicures	1	2	3	4	5
Schedule preventative medical/dental care	1	2	3	4	5
Seek care for sickness or injury	1	2	3	4	5
Rest or take time off when sick	1	2	3	4	5
Category Total:					

<i>Mental Care</i>					
Say no to extra responsibilities	1	2	3	4	5
Ask others for help	1	2	3	4	5
Practice centering/breathing exercises for focus	1	2	3	4	5
Put your thoughts on paper or in a journal	1	2	3	4	5
Re-balance your workload	1	2	3	4	5
Try something new	1	2	3	4	5
Spend time outside	1	2	3	4	5
Take time off or a vacation	1	2	3	4	5
Category Total:					

<i>Social Care</i>					
Communicate what you need to others	1	2	3	4	5
Connect with people you care about	1	2	3	4	5
Spend time with others whose company you enjoy	1	2	3	4	5
Take time to chat with co-workers	1	2	3	4	5
Set boundaries with friends, family & co-workers	1	2	3	4	5
Talk with a mentor or coach	1	2	3	4	5
Request feedback from others	1	2	3	4	5
Participate in a peer support group	1	2	3	4	5
Category Total:					

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Emotional Care					
Treat yourself kindly (positive, supportive self-talk)	1	2	3	4	5
Practice gratitude (look for good in your life)	1	2	3	4	5
Allow yourself to cry and release emotion	1	2	3	4	5
Laugh with friends and family	1	2	3	4	5
Acknowledge & celebrate your accomplishments	1	2	3	4	5
Play with your children or your pets	1	2	3	4	5
Wear clothes that make you feel good	1	2	3	4	5
Find projects that excite you or will help you grow	1	2	3	4	5
Category Total:					

Spiritual Care					
Make time for prayer, meditation, or reflection	1	2	3	4	5
Spend time in nature	1	2	3	4	5
Create time and space for what matters to you	1	2	3	4	5
Acknowledge & identify your purpose	1	2	3	4	5
Recognize the opportunities & lessons in your life	1	2	3	4	5
Express gratitude	1	2	3	4	5
Offer help and support to others	1	2	3	4	5
Volunteer or contribute to causes you believe in	1	2	3	4	5
Category Total:					

Now that you've completed the assessment, reflect on the following questions:

- When you look at your results, what stands out to you?
- What did you learn about yourself through this activity?
- Were there items on the list that you never considered as part of self-care before?
 - If so, what (if anything) does that change for you?
- What areas of self-care would you like to incorporate more into your life?
 - What steps could you take to incorporate them?
- In regard to self-care, what will be your next steps?

Hey there! I'm Crystalynn, a certified Coach and founder of **Heart Over Head Coaching**. I help moms to put themselves on and at the top of their to-do lists. To learn more about coaching visit my website or email me at: crystalynn@hohcoaching.com.

