

# Self-Care Checklist

## EXERCISE



### INSTRUCTIONS

- How kind are you/how much care do you take of yourself? There are no right or wrong answers, so just answer however seems appropriate for you right now—and see what you learn about yourself.
- Then turn over to SCORE yourself and choose 1-3 small actions to boost your self-care.



	Yes	Sometimes	No
1. I am up to date with regular health reviews eg. optometrist, dentist or any other important checkup. I am on top of any health issues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am happy with—and maintain—my physical fitness and energy levels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I mostly eat well and do not mistreat my body with too much sugar, salt, caffeine, alcohol etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Generally, I sleep well and practice good "sleep hygiene" eg. I keep a regular bedtime and limit screen time before bed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My home is tidy, organized and clean—and somewhere I love to be.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I recognize my stress signals and know when self-care is needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I take regular breaks during my workday. I use my weekends and holidays for enjoyment and relaxation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I like how my hair is currently. I am happy with my wardrobe and 'style' and wear clothes that I like and feel good in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have things to look forward to in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I say "No" when I need to. I follow the "oxygen mask" principle (taking care of myself first so I'm in a better place to take care of others).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I have enough people in my life who see, love and support me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I minimise reading or watching the news. I don't allow social media and similar to negatively impact how I feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I have coping techniques for when I feel down or times get tough eg. journaling, meditation, a counselor or special friend I can talk to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I connect with nature eg. walking, tending plants, listening to birdsong.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I have no regrets and have forgiven myself (or made amends) for past mistakes. I have also let go of any past resentments towards others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I have reserves of things that are important or help life run smoothly eg. contact lenses, prescriptions, pens, vitamins or bathroom tissue!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I prioritize my time & important things always get done in plenty of time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I meditate, journal, quietly relax or have alone-time regularly (where I am not 'doing' anything including chores or things for others).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**TOTAL Number of Yes's, Sometimes and No's:** \_\_\_\_\_

## What Did You Learn?

### 1) Score Your Self-Care Checklist

SCORE: 2 points for each Yes

SCORE: 1 point for each Sometimes

SCORE: 0 for your No's

The maximum possible total is 32. My total score is \_\_\_\_\_

“ We all need self-care practices, especially at this time, that can help us tap into our optimism, hope, healing and well-being.

Lynda Monk

### 2) What Did You Learn About Yourself?

Do you have a 'high', 'low' or 'middling' score? Is this what you expected? What surprised you? What didn't? How do you feel about your results? Write whatever you notice or comes up for you below.

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### 3) What will you do to take care of yourself in the next month?

Write out 1 to 3 simple actions you will take to boost your self-care within the NEXT MONTH. Can't think of anything? Make it bigger (more exciting) or smaller (easier) until you have something you can 100% commit to.

Self-care Action 1 \_\_\_\_\_ by \_\_\_\_\_

Self-care Action 2 \_\_\_\_\_ by \_\_\_\_\_

Self-care Action 3 \_\_\_\_\_ by \_\_\_\_\_



### 4) What will you do to take care of yourself today?

To wrap-up, choose one *specific* thing (however small) that you will commit to doing today.

I will \_\_\_\_\_ By what time \_\_\_\_\_