## Where do I need to take care of myself more?

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

* What surprised you most about your responses? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What patterns and themes do you notice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What else do you notice about your responses, that you perhaps haven't mentioned yet? \_\_\_\_\_\_

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* Finally, write ONE action you will take THIS week to take more care of yourself: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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