



# Simple SELFCARE Check-In

This is an opportunity for you to evaluate, address and improve your selfcare practices. You will benefit most by providing an honest assessment of where you are currently with each practice, and where you would ideally and realistically like to be within a few months of making progress, especially in your focus areas. **Rate (1-10) how you currently feel about your efforts with each SELFCARE area on the left side of the page (NOW), and set a goal (1-10) for where you would like to be in a few months on the right (SOON).** The idea is to eventually have very little or nothing to improve (1-4), with most areas of your selfcare going well or even great! (7-10)

1	2	3	4	5	6	7	8	9	10
Keep Making Improvements - Going OK - Going Well - Going Great!									

Creating a **Much Better Me** by taking action!

NOW

\_\_\_\_\_ **Sleep & Relaxation**      Quality sleep. Leisure. Hobbies. Breathwork. Silence

\_\_\_\_\_ **Exercise**      Regular strength and cardio exercise. Stretch. Reps. Steps. Keep moving

\_\_\_\_\_ **Love/Faith**      Love for self/others/life. Hope & Faith. Inspired outlook. Gratitude. Grace

\_\_\_\_\_ **Food/Nutrition**      Eat healthy. Proper Nutrition. Supplement. Hydrate. Sunlight

\_\_\_\_\_ **Communication**      Compassion with self/others/nature. Affirm. Write. Socialize

\_\_\_\_\_ **Accountability**      Check-ins with self/others. Schedule. Alerts. Reminders. Action

\_\_\_\_\_ **Relationships**      Healthy attachment to self/others/stuff. Boundaries. Connections

\_\_\_\_\_ **Emotional Control**      Manage and process emotions. Mindfulness. Awareness

\_\_\_\_\_

SOON

Track your progress with monthly check-ins to help reach your SOON goals above  
Aim to have your SOON goals match up with the bottom row below in three months

Date	Check-In	S	E	L	F	C	A	R	E
	1 month								
	2 months								
	3 months SOON!								