



## Better 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!									

NOW	Creating a <b>Much Better Me</b> by taking action!	SOON
_____	<b>Sleep &amp; Relaxation</b> Quality sleep. Leisure. Hobbies. Breathwork. Silence	_____
_____	<b>Exercise</b> Regular strength and cardio exercise. Stretch. Reps. Steps. Keep moving	_____
_____	<b>Love/Faith</b> Love for self/others/life. Hope & Faith. Inspired outlook. Gratitude. Grace	_____
_____	<b>Food/Nutrition</b> Eat healthy. Proper Nutrition. Supplement. Hydrate. Sunlight	_____
_____	<b>Communication</b> Compassion with self/others/nature. Affirm. Write. Socialize	_____
_____	<b>Accountability</b> Check-ins with self/others. Schedule. Alerts. Reminders. Action	_____
_____	<b>Relationships</b> Healthy attachment to self/others/stuff. Boundaries. Connections	_____
_____	<b>Emotional Control</b> Manage and process emotions. Mindfulness. Awareness	_____

- 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
- Choose 1-3 focus areas for improvement. Track other areas to maintain proper selfcare

Date	Months	S	E	L	F	C	A	R	E
	1	/10							
	2								
	3 - SOON!								