



Better SELF CARE 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 SELF CARE 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 **Much Better Me** by taking action!

SOON

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

- 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!								