

Self-Care Assessment

List out all of your past and current self-care activities.

List out all of the self-care activities you want to do but have never done.

List out things that you have done to try to make self-care a priority.

List out things that you have done that led to self-care being put on the bottom of your to-do list.

What thoughts, emotions, and physical sensations get in the way of you practicing self-care?

Describe the impact of your self-care practices on your personal, social & professional life.

What do you hope would change if you were able to engage in self-care daily?