

Self-Care Checklist

Do you look after yourself?

Answer the following questions and let's find out.

Score **2 points for Yes, 1 point for Sometimes and 0 for No.**

Self-Care Questions		Yes	Sometimes	No
1.	I am up to date with my dentist, doctor, optician and other health check-ups.			
2.	I am happy with my physical fitness and energy levels.			
3.	I eat well nutritionally most of the time and do not abuse my body with caffeine or alcohol.			
4.	I enjoy plenty of sleep and always feel well rested.			
5.	I take regular breaks from work during the day, at weekends and use my holidays for enjoyment/relaxation.			
6.	I am happy with my physical appearance e.g. hair, clothing.			
7.	I engage in relaxing activities and/or have 'me' time regularly.			
8.	I prioritise how I spend my time and important things always get done.			
9.	I say 'No' to myself and others when I need to.			
10.	My home is organised and tidy and somewhere I love to be.			
11.	I recognise my stress signals and know when to take a break.			
12.	I have people in my life who love and support me.			
13.	Generally, I spend time with people who support, encourage and inspire me.			
14.	I listen and trust my intuition with people and decisions.			
15.	I have no regrets and have forgiven myself for past mistakes.			
16.	I have let go of past resentments towards others.			
17.	I have things to look forward to in my life.			
18.	I have goals in life that I am motivated to achieve.			
19.	Generally I have positive thoughts about myself and my abilities.			
20.	I enjoy new activities and challenges.			
		Total	Total	Total

The maximum total is 40. Write your score here _____

What did you learn about yourself?