

Self Care Checklist

Check the items you can honestly say are true for you.

MY ENVIRONMENT

"X"	Think and Rate Yourself...
	My office is organized and I can find things easily
	My work spaces are pile-free
	My home provides me comfort and a peaceful place where I can think
	My appliances at home are in working order
	I have back-up systems in case of electric failure, including for my computers, at home and at work
	I maintain my car regularly and everything is working properly
	My home has a smoke detector, fire extinguisher and I can easily contact the police
	I keep enough home and office supplies so I don't run out
	I find the colors and wall decor in my home and office pleasing
	The temperature in my home and office is comfortable

PHYSICAL HEALTH

"X"	Think and Rate Yourself...
	I sleep 6-8 hours every day
	My bed is comfortable
	My back feels fine after sitting in my chair at work
	I eat fresh, healthful food almost every day
	I exercise at least three times a week
	My cholesterol count is within the normal range
	I drink at least five glasses of filtered water each day
	I drink two or less caffeinated drinks (coffee, tea, sodas) per day?
	I keep my sugar-intake to a minimum
	I get a complete medical physical annually

MENTAL HEALTH

"X"	Think and Rate Yourself...
	I wake up looking forward to my day

	I take the time to acknowledge what I am grateful for each night
	I take at least two vacations a year that refresh and energize me
	I have someone in my life that hugs me regularly
	I arrive at least five minutes early for appointments
	I take my time when driving
	I promise only what I can deliver
	I regularly explore new ways of perceiving the world
	I have a good belly laugh at least once a day
	I have at least two friends outside of my immediate family who I feel free to talk with about anything

MONEY

"X"	Think and Rate Yourself...
	I am debt free or on my way to releasing myself from debt
	I save at least 10% of my income
	I carry enough cash in my wallet to cover emergencies
	I feel I am compensated adequately for my work
	I can recover from a financial disappointment quickly
	I have enough savings to cover a home, car, or health emergency
	I carry enough insurance for my home, car and health
	I invest in my own career development so I can earn more in the future
	I have a special knowledge or skill that gives me job security
	I have a reputable and knowledgeable financial advisor

RELATIONSHIPS

"X"	Think and Rate Yourself...
	I have people in my life who encourage my dreams
	I have friends to talk to when I need to relieve my stress
	I have you said I am sorry to those who feel I have harmed in any way

	I have forgiven family members, friends and colleagues for hurting me
	I have resolved all of conflicts so that I don't avoid anyone
	I tell my friends and family how much I care about them on a regular basis
	I have stopped trying to fix people
	I have disconnected from people who repeatedly disappoint, frustrate, or disrespect me as much as I can
	I feel significant with everyone I come in contact with
	I have a way of recharging my faith in life when I need to

Tally up the boxes you checked.

TOTAL BOXES CHECKED _____ Date _____

Set goals to achieve the boxes left blank, one box at a time. Start with the category you scored the highest on so you begin on your strongest foot.

Work on this checklist until your score reaches at least 45. As your score increases, notice how much your energy increases as well.