

SELF-CARE CHECKLIST



The following self-care worksheet gives you the opportunity to reflect on various aspects of self-care including physical, psychological, emotional, spiritual, relationship, and overall self-care. Feel free to add in your ideas and make this worksheet your own. This gives you the opportunity to reflect on various aspects of your wellness to focus on living fully, wholly, and authentically you. Use this as an opportunity to identify what is working, what is not, and what steps you can take moving forward to develop a self-care action plan.

Rate the following areas according to how well you think you are doing...

3 = Most frequently

0 = Never

2 = Once in awhile

N/A

1 = Rarely

PHYSICAL

(Examples: meal plan, take time off when sick, exercise, think positive thoughts about my body) Feel free to add your own below:

PSYCHOLOGICAL

(Examples: Take time away just for you, go to therapy, make time away from technology/social media, journal, set boundaries/say no)

SELF-CARE CHECKLIST (cont'ed)



EMOTIONAL

(Examples: Don't spend time in toxic environments, practice self-love and self-compassion, let yourself feel what you feel, practice positive affirmations)

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SPIRITUAL

(Examples: Connect with faith, spend time outdoors, spend time in reflection, yoga and meditation)

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RELATIONSHIP

(Examples: Schedule dates to see people important to me, connect with others, communicate my needs)

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STUDENT (if relevant)

(Examples: Take time to connect with classmates, identify courses, internships, campus involvement and leadership opportunities that I am passionate about, identify a mentor)

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SELF-CARE CHECKLIST (cont'ed)



PLEASE FEEL FREE TO USE THIS SPACE TO IDENTIFY YOUR SELF-CARE GOALS:



"I learned so much from this program, not only did I learn yoga but I also learned more about myself and my body. I learned to take care of myself, to be conscious of signs that point to me doing the opposite of self-care. I learned how to read my emotions, to pay attention to my surroundings, and to be more assertive and strong.

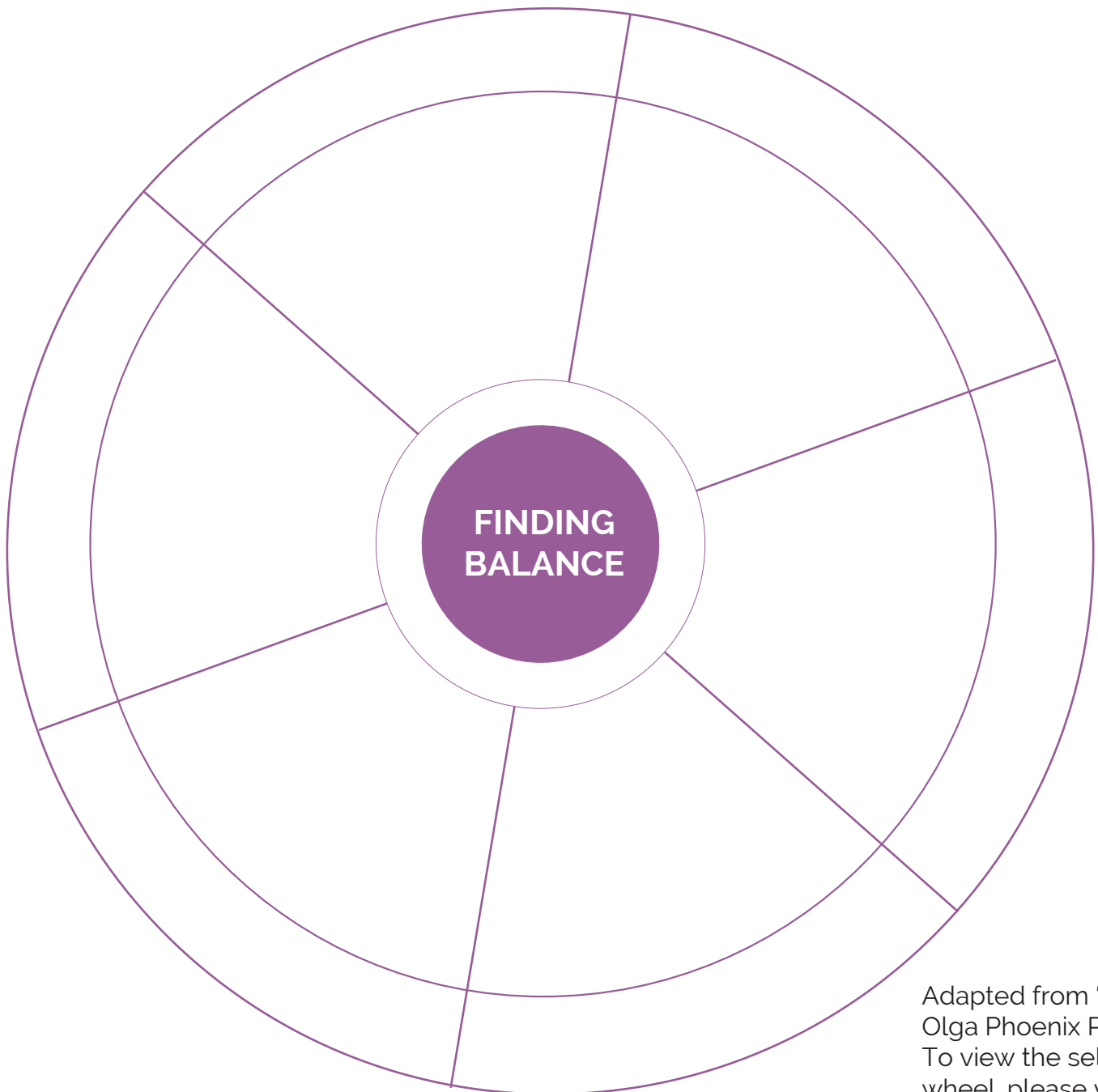
But most of all I learned how to let myself become the person I am meant to be, to let myself see me for me. It allowed me to view myself in a positive light."

- Yoga as Healing Participant



PRIORITIZING SELF-CARE

Your self-care and life balance is vital for your health, productivity and happiness. I invite you to use this blank self-care resource to support you in creating a self-care plan that resonates with you. Whether your focus right now is on your basic needs, deep desires or both - remember that investing in your wellness is fundamental to becoming fulfilled and whole. You can plug in your own sub headings based on the aspects of self-care you would like to cultivate the most.



Adapted from "The Olga Phoenix Project"
To view the self-care wheel, please visit:
www.olgaphoenix.com