

Lesson 4
SELF-CARE ASSESSMENT CHECKLIST

Nurture Yourself
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Nurturing yourself - what many people call self-care - is absolutely critical. It's critical to weight loss and critical to being an overall healthy and happy person. This assessment tool provides an overview of effective strategies to maintain self-care and includes a prompt for you to set goals to nurture yourself more in the future.

*Using the checklist below, identify which self-care strategies you have practiced in the **past two weeks**:*

Name: _____ Date: / /

Physical Self-Care	Emotional Self-Care
<ul style="list-style-type: none"> <input type="checkbox"/> Eat regularly (e.g. breakfast, lunch and dinner) <input type="checkbox"/> Eat balanced and nutrient-dense meals <input type="checkbox"/> Exercise <input type="checkbox"/> Go for a walk <input type="checkbox"/> Stretch <input type="checkbox"/> Have a skincare or body care routine <input type="checkbox"/> Drink water <input type="checkbox"/> Get massages <input type="checkbox"/> Dance, swim, walk, run, play sports, or do some other physical activity that is fun <input type="checkbox"/> Practice good sleep hygiene 	<ul style="list-style-type: none"> <input type="checkbox"/> Spend time with others whose company you enjoy <input type="checkbox"/> Stay in contact with important people in your life <input type="checkbox"/> Give yourself affirmations, praise yourself <input type="checkbox"/> Re-read favorite books, re-view favorite movies <input type="checkbox"/> Identify comforting activities, objects, people, relationships, places and seek them out <input type="checkbox"/> Express emotion to a friend, coach or therapist <input type="checkbox"/> Find things that make you laugh <input type="checkbox"/> Express your creativity or passion

<input type="checkbox"/> Sit in the sunlight <input type="checkbox"/> Wear clothes you like <input type="checkbox"/> Take day trips or mini-vacations <input type="checkbox"/> Other:	through drawing, music, writing, etc <input type="checkbox"/> Other:
Psychological Self-Care	Spiritual Self-Care
<input type="checkbox"/> Make time for self-reflection <input type="checkbox"/> Speak with a therapist, psychiatrist or coach <input type="checkbox"/> Write in a journal <input type="checkbox"/> Reflect on things you're grateful for <input type="checkbox"/> Read a book that is unrelated to school or work <input type="checkbox"/> Go to an art museum, history exhibit, sports event, theater performance <input type="checkbox"/> Learn new things (a language, technical skill, creative skill, etc) <input type="checkbox"/> Say "no" to extra responsibilities sometimes <input type="checkbox"/> Other:	<input type="checkbox"/> Spend time with nature <input type="checkbox"/> Find a spiritual connection or community <input type="checkbox"/> Meditate or practice breathwork <input type="checkbox"/> Reflect on things you're grateful for <input type="checkbox"/> Read or listen to inspirational literature (talks, music, podcasts, etc) <input type="checkbox"/> Other:

Goals

After reflecting on your assessment results, come up with two or three goals to increase self-care over the next week:

- 1.
- 2.
- 3.