**Self-Care Assessment Worksheet**

Go through the assessment and consider how you are doing in each category currently. Mark 😊 for areas you are doing well and ☹ for areas of improvement.

1. **Physical Self-Care (our bodies)**

[ ]  Eat 3 meals a day

[ ]  Have healthy snacks in between meals

[ ]  Drink enough water

[ ]  Exercise regularly

[ ]  Go for a walk

[ ]  Take deep belly breaths

☐ Light stretching

[ ]  Sleep approximately 8 hours

1. **Psychological Self-Care (our minds)**

[ ]  Listen to music you enjoy

[ ]  Make time for relaxation and take breaks

[ ]  Pay attention to your thoughts and notice them (positive or negative)

[ ]  Practice gratitude and use positive affirmations

[ ]  Go on outings that you enjoy, i.e. mall, park, library, movies, etc.

[ ]  Read a book, watch favourite tv show or movie

[ ]  Try to be playful and have fun more often

[ ]  Make a to do list and prioritize tasks

1. **Emotional Self-Care (our emotions and feelings)**

[ ]  Seek out comforting places, activities and people.

[ ]  Stay in touch with close friends and family

[ ]  Allow yourself to cry

[ ]  Treat yourself as you would a close friend

[ ]  Acknowledge and let yourself feel difficult emotions

[ ]  Take time to reflect on how you are feeling

[ ]  Write in a journal

1. **Spiritual Self-Care (forgiveness and letting go)**

[ ]  Spend time in nature

[ ]  Quiet time during the day

[ ]  Yoga or relaxation

[ ]  Forgive yourself and others

[ ]  Try to let of things go and not hold grudges

[ ]  Get involved in community services and volunteering

[ ]  Ask for help when needed

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