

Self Care Inventory

Instructions:

- Go through the list below and check off (✓) each of the items that you are already performing.
- Cross out any items that do not apply to you.
- Next, go through the list again and circle the “check box” of **two (2) new behaviors** that you are willing to initiate. (In making your selections of new behaviors, you may want to select one easy one and one scary one.)
- Indicate the date you intend to include these behaviors.
- Create an action plan are you willing to initiate to establish the 2 new behaviors.
- Once the new behaviors are established, check them off and circle two (2) more.

Include by

BEING FINANCIALLY RESPONSIBLE

- I am aware of my financial situation.
- I am living within my financial means.
- I set financial goals and stick to them.

TAKING CARE OF MYSELF PHYSICALLY

- I eat healthfully.
- I exercise.
- I practice preventative health care.
- I am in touch with my body’s needs.

INCLUDING LAUGHTER AND FUN IN MY LIFE

- I have fun.
- I play.
- I laugh.

SETTING AND MAINTAINING BOUNDARIES

- I am clear about what I will or won’t do.
- I am clear about how far I will or won’t go.
- I am clear about what I will and won’t tolerate.

MAINTAINING NURTURING RELATIONSHIPS

- I spend time with people who are kind, loving honest and appreciative
- I give and accept compliments, hugs, love.

AFFIRMING AND NURTURING MYSELF

- I think and speak well of myself.
- I pamper myself
- I take time away from family, friends and work to be alone with my thoughts and feelings.
- I participate in relationships, work, activities, organizations that feed my soul and spirit.

SEEKING PROFESSIONAL HELP

- I remember I don’t have to do it alone.
- I seek and receive professional help when I need it.