

# Self-Care Assessment Checklist

## PART 1: PHYSICAL SELF CARE

ACTIVITIES	Yes	No	Some	Want To Try
Eat regularly (eg. Breakfast, lunch, dinner)?				
Drink enough water?				
Eat fresh fruits and vegetables?				
Exercise regularly?				
Engage in physical activity like walking?				
Get regular medical exams & physicals?				
Go to a dentist regularly?				
Get your vision checked?				
Get enough sleep?				
Get medical care when sick?				
Wear clothes you feel good in?				
Take prescribed medications regularly?				
Shower or bathe daily?				
Brush teeth and floss daily?				
Take naps when needed?				

Physical Self-Care Activities I Want to Start Doing:



# Self-Care Assessment Checklist

## PART 2: MENTAL SELF CARE

ACTIVITIES	Yes	No	Some	Want To Try
Meditate?				
Practice deep-breathing techniques?				
Take time off when needed?				
Read self-growth books?				
Try to decrease your stress?				
See a psychiatrist and/or psychologist?				
Write in a journal?				
Use adult coloring as therapy?				
Make time away from technology?				
Listen to self-help or mental health podcasts?				
Have positive thoughts about yourself?				
Make time for self-reflection?				
Say no to extra responsibilities?				
Practice mindfulness?				
Do something you are not an expert at?				

Mental Self-Care Activities I Want to Start Doing:



# Self-Care Assessment Checklist

## PART 3: EMOTIONAL SELF CARE

ACTIVITIES	Yes	No	Some	Want To Try
Get massages?				
Dance spontaneously?				
Sing out loud?				
Take vacations or small getaways?				
Read books that you enjoy?				
Listen to music?				
Have a hobby?				
Spend time learning something new?				
Set goals for yourself for pursuing a passion?				
Spend time with people you enjoy being around?				
Stay in contact with important people in your life?				
Let yourself cry?				
Find things that make you laugh?				
Ask for help when you need it?				
Read yourself affirmations of praise or encouragement?				

Emotional Self-Care Activities I Want to Start Doing:



# (Daily) Self-Care Plan of Action



## SELF-CARE ACTIVITIES I WILL TRY THIS TODAY

### PHYSICAL

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### EMOTIONAL

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### MENTAL

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# (Weekly) Self-Care Plan of Action

## SELF-CARE ACTIVITIES I WILL TRY THIS WEEK

### PHYSICAL

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### EMOTIONAL

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### MENTAL

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