

Self-Leadership: Life & Well-being Check-In & Review

Where do I want to take care of myself more?

- This is a quick exercise to help you connect with yourself and find out what you may be wanting.
- Simply look at the list below and FIRST score each item out of 10. It's important that the score is your FIRST response ie. your initial or gut reaction and how you are actually feeling NOT "shoulds".
- Finally answer the quick questions underneath- including ONE action for yourself!
- Let's take a more specific look at what form/s of self-care you might be needing:

Self-Leadership Factors	How satisfied are you currently in this area? Score out of 10 (1 is low, 10 is high)	How can I raise my score?
1. My Energy Levels	___ / 10	_____
2. How Inspired I'm Feeling	___ / 10	_____
3. Fun and Play	___ / 10	_____
4. Self-Honesty	___ / 10	_____
5. Peace and Quiet	___ / 10	_____
6. Feeling Heard or Seen	___ / 10	_____
7. Feeling Accepted and Understood	___ / 10	_____
8. My Friendships	___ / 10	_____
9. My Physical Appearance	___ / 10	_____
10. Feeling Loved and Appreciated	___ / 10	_____
11. My Environment (eg. home, workspace)	___ / 10	_____
12. Physical Health	___ / 10	_____
13. My Feelings and Emotional Health	___ / 10	_____
14. Organization and Simplicity	___ / 10	_____
15. Being Challenged and Stretched	___ / 10	_____
16. Learning and Personal Growth	___ / 10	_____
17. Money/Finances	___ / 10	_____
18. Connection to Myself	___ / 10	_____
19. Relaxation and Pampering	___ / 10	_____
20. Something else: _____	___ / 10	_____

- What surprised you most about your responses? _____
 - What patterns and themes do you notice? _____
 - What else do you notice about your responses, that you perhaps haven't mentioned yet? _____
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- Finally, write ONE action you will take THIS week to take more care of yourself: _____

PS. Feel free to turn over and write more action/s out OR find a post-it and write out your action/s to remind you!