

Self Care Check In

- 1. How do I feel at this moment?*
- 2. What do I crave in life?*
- 3. What makes me happiest?*
- 4. What are the positives in my life?*
- 5. What am I thankful for?*
- 6. What brought me joy today? This week?
This month?*
- 7. What am I putting off?*
- 8. What is making me feel down?*
- 9. What do I love about me?*
- 10. Who makes me feel my best?*

Self Care Check In

- 11. What is my mantra?*
- 12. Do I follow the advice I give to others?*
- 13. When something (recently) didn't go my way, what did I learn?*
- 14. If I had time, what would I do?*
- 15. If I had money, what would I do?*
- 16. What new activities do I want to try?*
- 17. Where have I never been that I'm dying to go?*
- 18. What scares me? How does it hold me back?*

Self Care Check In

- 19. Do the people around me make me feel energized?*
- 20. When is the last time I gave back?*
- 21. Who or what inspires me?*
- 22. What do I need to heal?*
- 23. Is there negativity I can cut out of my life?*
- 24. Am I making time to be social?*
- 25. Do I have enough quiet time?*