



## Self-care

Taking care of yourself is of utmost importance. If you are not looking after yourself, every aspect of your life will be negatively impacted. Caring for yourself is not selfish – it is vital to your physical and emotional health.

Read each of the statements below and tick the box if the statement is true for you. Don't tick the box, if the statement is only true sometimes – it has to be true consistently. Work on the boxes that you didn't tick – until they are all ticked off.

- I take very good care of myself
- I am happy with the way I look
- My hair, skin and nails are healthy
- My clothes are neat and make me look good
- My teeth and gums are healthy and I have regular dental check-ups
- I have regular medical check-ups
- My cholesterol is within a healthy range
- My weight is within my ideal range
- I exercise at least 3 times a week
- I do not smoke
- I do not abuse alcohol
- I do not use illegal drugs or abuse prescribed medications
- I am conscious of my caffeine intake
- I eat healthy
- I am aware of how much time I spent on the internet, TV and other gadgets and keep it to minimum levels
- I have a peaceful place to unwind and relax
- I have a rewarding life beyond my work
- I have fun on a regular basis
- I have something to look forward to every day
- I have a positive outlook on life
- My life is in balance
- I have enough time to myself
- I am not stressed
- I take breaks and holidays and recharge my batteries on a regular basis
- I have no habits that sabotage my healthy lifestyle
- I have great friends
- I surround myself with people who add energy to my life and are not draining my energy
- I get enough sleep and am well rested
- I practice self-compassion and don't put myself down
- I am aware of my emotional challenges and am attending to them