



RADICAL SELF-CARE CHECK-IN

I invite you to notice if there's any trends to the areas of your self-care that require support or consistency? Which 1-2 areas might you like to bring some love and support to? What's accessible to you?

PHYSICAL	EMOTIONAL	SOCIAL
<ul style="list-style-type: none">• Do I feel an awareness of my body?• Do I generally get consistent, quality sleep?• Do I prioritise getting to bed at a time that works for me?• Do I drink enough water most days to feel hydrated?• Do I eat a variety of satisfying foods every 2-6 hours?• Do I prioritise having food available to support myself?• Do I generally move my body in ways that feel good?• Do I tend to plan movement practices I enjoy?• Do I plan rest and downtime?• Do I plan to bring self-care infrastructure into my life?	<ul style="list-style-type: none">• Do I feel an awareness of my thoughts and feelings?• Do I give myself permission to feel my feelings?• Do I prioritise stress management?• Do I maintain a manageable schedule?• Do I maintain a balance between the demands of others and what I value?• Do I pursue perfection?• Do I prioritise relaxation?• Do I tend to acknowledge my own humanness and challenges with self-kindness?• Do I generally engage in supportive self-talk?• Do I prioritise time in nature?• Do I participate in fulfilling activities?	<ul style="list-style-type: none">• Do I consistently spend time with people I enjoy being with?• Do I generally plan time with people who are special to me?• Do I feel supported by people in my life?• Do I feel confident someone in my world would listen to me if I was upset?• Do I say yes to everything without checking in to my needs?• Do I seek out ways to connect with others?• Do I feel comfortable asserting my boundaries and needs with others?