

**Spiritual Self-Care**

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|--|---|
| <input type="checkbox"/> Make time for reflection                        | <input type="checkbox"/> Spend time in nature           |
| <input type="checkbox"/> Find a spiritual connection or community        | <input type="checkbox"/> Be open to inspiration         |
| <input type="checkbox"/> Be aware of non-material aspects of life        | <input type="checkbox"/> Cherish my optimism and hope   |
| <input type="checkbox"/> Try at times not to be in charge or the expert  | <input type="checkbox"/> Be open to knowing             |
| <input type="checkbox"/> Identify what is meaningful to me               | <input type="checkbox"/> Meditate                       |
| <input type="checkbox"/> Seek out reenergizing or nourishing experiences | <input type="checkbox"/> Find time for prayer or praise |
| <input type="checkbox"/> Contribute to causes in which I believe         | <input type="checkbox"/> Have experiences of awe        |
| <input type="checkbox"/> Read or listen to something inspirational       | <input type="checkbox"/> (Other) _____                  |

**Relationship Self-Care**

- |   |   |
|---|---|
| <input type="checkbox"/> Schedule regular dates with my partner             | <input type="checkbox"/> Make time to be with friends |
| <input type="checkbox"/> Call, check on, or see my relatives                | <input type="checkbox"/> Ask for help when I need it  |
| <input type="checkbox"/> Share a fear, hope, or secret with someone I trust | <input type="checkbox"/> Communicate with my family   |
| <input type="checkbox"/> Stay in contact with faraway friends               | <input type="checkbox"/> Enlarge my social circle     |
| <input type="checkbox"/> Make time for personal correspondence              | <input type="checkbox"/> Spend time with animals      |
| <input type="checkbox"/> Allow others to do things for me                   | <input type="checkbox"/> (Other) _____                |

**Workplace or Professional Self-Care**

- |  |  |
|--|--|
| <input type="checkbox"/> Take time to chat with coworkers                  | <input type="checkbox"/> Make quiet time to work       |
| <input type="checkbox"/> Identify projects/tasks that are exciting         | <input type="checkbox"/> Take a break during the day   |
| <input type="checkbox"/> Balance my load so that nothing is "way too much" | <input type="checkbox"/> Set limits with my boss/peers |
| <input type="checkbox"/> Arrange work space to be comfortable              | <input type="checkbox"/> Have a peer support group     |
| <input type="checkbox"/> Get regular supervision or consultation           | <input type="checkbox"/> Identify rewarding tasks      |
| <input type="checkbox"/> Negotiate/advocate for my needs                   | <input type="checkbox"/> (Other) _____                 |

**Overall Balance**

- Strive for balance within my work-life and work day
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

**Areas of Self-Care that are Relevant to You**

- (Other) \_\_\_\_\_
- (Other) \_\_\_\_\_
- (Other) \_\_\_\_\_