

Self-Care Check-in

Let's look at 5 areas of self-care.

Choose a number between 1-10 (1 = need to work on this and 10 = super dialed down)

As you rate how you are doing in each area, be honest with yourself, and more importantly be kind. This is not about finding fault with yourself and piling on the shoulds. Shining a compassionate light on where you are now allows you to move in the direction of where you would like to be.

Sleep

Water

Organic lifestyle (ie. food & home environment)

Exercise

Stillness

Where you want to focus your attention:

Small steps to get you started:

