

Self-Care Audit

The first thing I do in the morning is:
When I'm taking care of myself I feel:
My favorite self-care activity is:
My least favorite self-care activity is:
I know I need to stop and take care of myself when I feel:
After I engage in self-care activity I feel:
These are the top three priorities in my life:
When I think about self-care I think about: <input type="radio"/> I have no time left to take care of myself between work and other responsibilities <input type="radio"/> I have to finish everything before I take time to take care of myself <input type="radio"/> Consistently scheduling time in my daily schedule to take care of my personal self-care needs
To me self-care is <div style="display: flex; justify-content: space-between;"> <div> <input type="radio"/> A luxury I don't have <input type="radio"/> necessary <input type="radio"/> A sign of weakness <input type="radio"/> A sign of laziness </div> <div> <input type="radio"/> difficult to do <input type="radio"/> unnecessary <input type="radio"/> difficult to maintain <input type="radio"/> just as important as other tasks I need to complete </div> </div>
When I engage in self-care, I feel <div style="display: flex; justify-content: space-between;"> <div> <input type="radio"/> relaxed <input type="radio"/> rejuvenated <input type="radio"/> important <input type="radio"/> liberated </div> <div> <input type="radio"/> Guilty <input type="radio"/> Lazy <input type="radio"/> weak <input type="radio"/> wasteful </div> <div> <input type="radio"/> tired <input type="radio"/> unproductive <input type="radio"/> unfocused <input type="radio"/> a loss of time </div> </div>
I have trouble saying "no" at work <input type="radio"/> All the time <input type="radio"/> sometimes <input type="radio"/> rarely <input type="radio"/> never
I have trouble saying "no" to responsibilities <input type="radio"/> All the time <input type="radio"/> sometimes <input type="radio"/> rarely <input type="radio"/> never
I have trouble saying "no" to family and friends <input type="radio"/> All the time <input type="radio"/> sometimes <input type="radio"/> rarely <input type="radio"/> never
I make self-care a priority <input type="radio"/> All the time <input type="radio"/> sometimes <input type="radio"/> rarely <input type="radio"/> never