

Self-Care: How well am I taking care of myself?

ADEQUATE SLEEP

How many hours of sleep a night do I get?

What am I doing that hinders me from getting 6-8 hours of sleep?

PROPER NUTRITION

How do I feel after I eat?

What could I change in my eating habits that could benefit me?

REGULAR EXERCISE

How many times a week do I exercise?

What is one thing I could do to include exercise more into my weekly/daily routine?

MAINTAIN SOCIAL SUPPORT

Who do I consider to be close friends?

What can I do to let my close friends know how important they are to me?

HOBBIES

What do I enjoy doing in my "down time"?

What do I need to do to make time for a hobby of mine?

PAMPER YOURSELF

What are activities that relax me?

When do I need to do to make time for those activities on a weekly basis?

KEEP YOUR MIND SHARP

Am I doing anything that hinders me from moving forward?

What is one thing I can do to keep my mind sharp?

CHECK YOUR ATTITUDE

What are my bad mood triggers? What are my good mood triggers?

What are some positive affirmations I can use when I find myself thinking negatively?

PROCESS YOUR EMOTIONS

What are healthy ways that I express my emotions?

What can I do to express my emotions, in a healthy manner, more frequently?

RELIGIOUS OR SPIRITUAL PRACTICES

What are my religious or spiritual practices?

What can I do to incorporate those practices more in my daily life?

SOOTHING

Was I able to recognize times this week when I needed to soothe?

What did I do to soothe myself this week when I became emotionally overwhelmed?