

Self Care Check-in

How do you feel you have been going lately?
Highs? Lows?

What are some of your strengths?

What is something that you need to prioritise for your self-care?

What is something that is important to you?

An obstacle you want to overcome:

Have you been paying attention to your inner world?
If so, how? If not, why might that be?

What are the warning signs of going back into old patterns?

Tools you have to help you:

A challenge you have overcome:

Something kind you can tell yourself:

When you pay attention to your emotions, what have you learned about your needs?

People you can rely on:

What is one action you can take towards your goals?