



SELF CARE INVENTORY

BODY

Does my body need rest, movement, attention, outdoors, quiet, play, contact with another living being?

WORK

What needs my attention and what can wait? Do I need to focus on something that brings me pleasure and let go of things that are causing stress?

MIND

Do I need to adjust my attitude or create more balance in my thinking? Do I need more stimulation for my mind or does it need a healthy break? Do I need boundaries for what information my mind is intaking?

EMOTIONAL

Am I feeling irritable, overwhelmed, afraid, sad, joyful, playful? Do I need to vent or have a good cry? Do I need to express energy or have fun?

CREATIVE

Do I need more spark in mundane tasks, joy in the everyday duties, or time for a creative project?



SPIRITUAL

Do I need a sense of awe or connection to a greater force?
Do I need to do something that grounds me? Do I need meditation, ritual, or reflection?

RELATIONAL

Do I need authentic connection with others or a sense of belonging or love? Do I need alone time or quiet time with someone special?