

So How am I Doing? Care of My Physical Self

I am getting enough sleep (7-9 hours).

Never 1 2 3 4 5 Always

I am eating balanced, nutritional meals.

Never 1 2 3 4 5 Always

I avoid excessive use of caffeine.

Never 1 2 3 4 5 Always

I avoid numbing out behaviors (e.g. alcohol, other drugs of abuse, video games).

Never 1 2 3 4 5 Always

I am getting regular exercise (at least 3 times a week).

Never 1 2 3 4 5 Always

I am getting regular health care for myself.

Never 1 2 3 4 5 Always

I take care of myself when I am sick, need rest, or just need a break.

Never 1 2 3 4 5 Always

THOUGHTS, FEELINGS, REFLECTIONS:

So How am I Doing? Care of My Mental Self

I avoid getting caught up in perfectionism.

Never 1 2 3 4 5 Always

I focus on the present vs. rehashing the past or worrying about the future.

Never 1 2 3 4 5 Always

I avoid negative or deceptive self-talk.

Never 1 2 3 4 5 Always

I practice self-affirmations and positive self-talk.

Never 1 2 3 4 5 Always

I avoid judging myself compared to others.

Never 1 2 3 4 5 Always

I give myself time to explore and learn about new things.

Never 1 2 3 4 5 Always

I am open to counseling as a tool to maintain and improve my health and wellbeing.

Never 1 2 3 4 5 Always

THOUGHTS, FEELINGS, REFLECTIONS:

So How am I Doing? Care of My Emotional Self

I'm in touch with and let myself feel all my emotions.

Never 1 2 3 4 5 Always

I reach out to others for support when I need it.

Never 1 2 3 4 5 Always

I communicate my needs and feelings directly and honestly.

Never 1 2 3 4 5 Always

I make time to spend with my friends and family members.

Never 1 2 3 4 5 Always

I engage in activities that are fun or relaxing.

Never 1 2 3 4 5 Always

I avoid extreme use of my phone as a coping tool/avoidance strategy.

Never 1 2 3 4 5 Always

I demonstrate compassion for myself and others.

Never 1 2 3 4 5 Always

THOUGHTS, FEELINGS, REFLECTIONS:

So How am I Doing? Care of My Spiritual Self

I feel connected to something that is bigger than me – however I define that.

Never 1 2 3 4 5 Always

I seek out resources (practices, activities, people, places) that nurture me spiritually.

Never 1 2 3 4 5 Always

I reflect on and invest in what is meaningful to me.

Never 1 2 3 4 5 Always

I read writings or watch media that are inspirational to me.

Never 1 2 3 4 5 Always

I think of and care about the lives of others who are different than me.

Never 1 2 3 4 5 Always

I allow time to just be (human *being* vs. human *doing*).

Never 1 2 3 4 5 Always

I engage in activities that support my life's purpose.

Never 1 2 3 4 5 Always

THOUGHTS, FEELINGS, REFLECTIONS: