

SELF CARE ASSESSMENT

what you *make* it

DATE

MOOD

What's going on with me *right now*?

Major events:

Occupying my mind lately:

Who is one safe person I will talk about all of this with?

Date:

Time:

Choose one thing to...

Let go of:

Say no to:

Celebrate:

Be grateful for:

What I need most, on a scale of 1 - 10:

Shower:

A Meal:

Exercise:

Sleep:

Creative Time:

Alone Time:

Conversation:

Fresh Air: