

A quick self-care check-in

Ten needs, one current snapshot. Notice what may need attention without turning it into a judgment.

PAUSE & NOTICE

A snapshot, not a score. Rate how well each self-care need is being met right now, from 10 (barely met) to 100 (fully met). Then write one thing you could do to meet that need. There are no right answers—rate today, not the ideal.

This is a personal reflection worksheet, not a diagnostic tool or a validated measure. An accurate rating—high, low, or mixed—is useful. Keep each step small and doable, and skip any domain that does not apply to you.

1 THE TEN SELF-CARE DOMAINS — rate each need, then name one possible response.

10 barely met

RATE YOUR EXPERIENCE RIGHT NOW

fully met 100

RATE HONESTLY → NOTICE THE DIPS → PICK ONE → ONE SMALL STEP → RETURN WHEN HELPFUL

1 Physical health

___ / 100 · I could: _____

2 Emotional health

___ / 100 · I could: _____

3 Quality time with family

___ / 100 · I could: _____

4 Time alone

___ / 100 · I could: _____

5 Being challenged

___ / 100 · I could: _____

6 Friendships

___ / 100 · I could: _____

7 Relaxation and peace

___ / 100 · I could: _____

8 Organization and structure

___ / 100 · I could: _____

9 Pleasurable activities

___ / 100 · I could: _____

10 Feeling valued and loved

___ / 100 · I could: _____

HOW TO READ YOUR SNAPSHOT

Two or three lower numbers can be useful places to explore—not an order you must follow. Choose a need that feels meaningful and feasible in your current circumstances.

Some domains pull against each other (time alone and time with family, being challenged and relaxation); a low pair is worth a **conversation, not a fix**. If many or all numbers are low, that is information, not a verdict. Bring the whole sheet to session and start there.

From snapshot to one step

You do not have to raise all ten—or feel motivated—to begin.

Rate

HONESTLY

Rate how the need is being met right now—not how well you cope without it. Accurate high, low, or mixed ratings can all be useful.

ASK “If a friend described my week, what number would they give this?”

Choose

ONE DOMAIN

Explore a lower number, or one that has been low the longest. You can also choose a different need that feels meaningful and feasible. Keep the step beside the rating.

ASK “Which need feels most important and doable right now?”

Keep it small

THIS WEEK

A brief, accessible action can be more workable than a big plan: a ten-minute walk if it fits, or a text to one friend. Make room for real limits and intentional trade-offs.

ASK “What version fits my time, energy, access, and safety?”

A worked example

My lowest numbers are relaxation and peace (20) and friendships (30). Time alone is high (80)—but most of it is scrolling, and it has not been leaving me feeling rested. I have been telling myself I will “make plans when work calms down.”

One step: Text one friend today to book a walk this weekend. That touches both low domains without taking anything from the others. I will leave organization and structure alone for now.

2 MY LOWEST DOMAINS, IN A FEW LINES

Use page 1. Fragments are fine; leave blanks if needed.

Lowest domain _____

What usually gets in the way _____

Second lowest _____

What usually gets in the way _____

A pair that pulls against each other _____

A high domain I want to protect _____

3 ONE THING I’LL TRY

Make it small enough to be doable—not impressive.

The domain I’m choosing _____

This week I will _____

The thing most likely to stop me _____

When I return, I’ll re-rate and notice _____

Return in a month, or whenever life changes, if that timing is useful. Notice context and what changed rather than relying on a single number. If a domain stays low across two check-ins, it may be worth bringing to session.

If rating feels like judging yourself

A low number is a need that is not being met—not a grade on you. The check-in works best when the ratings are honest; lower numbers are not more truthful than higher ones. If you are working with a counselor, bring the sheet—including the domains you decided to leave alone.