

A quick self-care check-in

Ten needs, one current snapshot. Notice what might need attention.

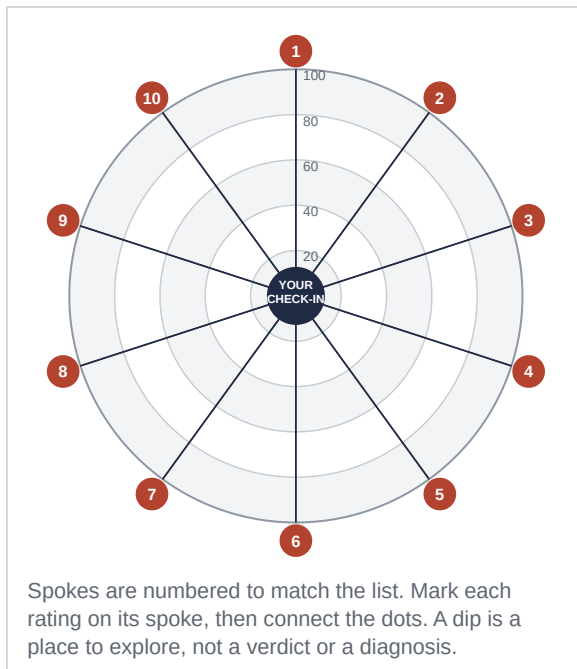
A snapshot, not a score.

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. An accurate rating—high, low, or mixed—is useful.

Use this in session or on your own. Keep each step small and doable. Skip any domain that does not apply to you; you define family, connection, rest, and support in the way that fits your life.

1 THE TEN SELF-CARE DOMAINS — rate each out of 100, mark it on the map, then write one thing you could do.

Rate honestly → Notice patterns → Choose one → Try one small step → Revisit in about a month



- 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

Notice two or three lower ratings as possible places to explore—not instructions to fix them. 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 everything looks low, that is information, not a verdict. Bring the whole sheet to session and start there. This is a reflective check-in, not a diagnostic or validated score.

From snapshot to one step

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

FIRST · RATE

Rate honestly

Rate how the need is being met right now—not how well you cope without it. An honest answer can be high, low, or anywhere in between.

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

THEN · CHOOSE

Choose one domain

Pick a lower domain, one that has been low the longest, or another domain that matters and feels manageable. Write the step on the same line as the rating so they stay together.

ASK “Which need have I been ignoring longest?”

NEXT · TRY

Keep it small this week

A ten-minute walk, if that fits you, can be more doable than a gym plan you will not start. Choose an accessible step and consider the trade-offs with other needs.

ASK “What is small enough and realistic this week?”

A WORKED EXAMPLE

My lowest numbers are relaxation and peace (20) and friendships (30). Time alone is high (80)—but much of it is scrolling, and for me it is not feeling restorative. 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 may touch both lower domains without taking more than I can give right now. I will leave organization and structure alone for now.

2 MY LOWER 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

After a month, I’ll re-rate and look for

Notice patterns and context, not single numbers. A domain that stays low across two check-ins may be useful to bring 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 only works when the ratings are honest. Repeat monthly, or whenever life changes. If you are working with a counselor, bring the sheet—including the domains you decided to leave alone.