

SELF-CARE CHECK-IN



STEP 1: ASSESS YOUR WELLNESS

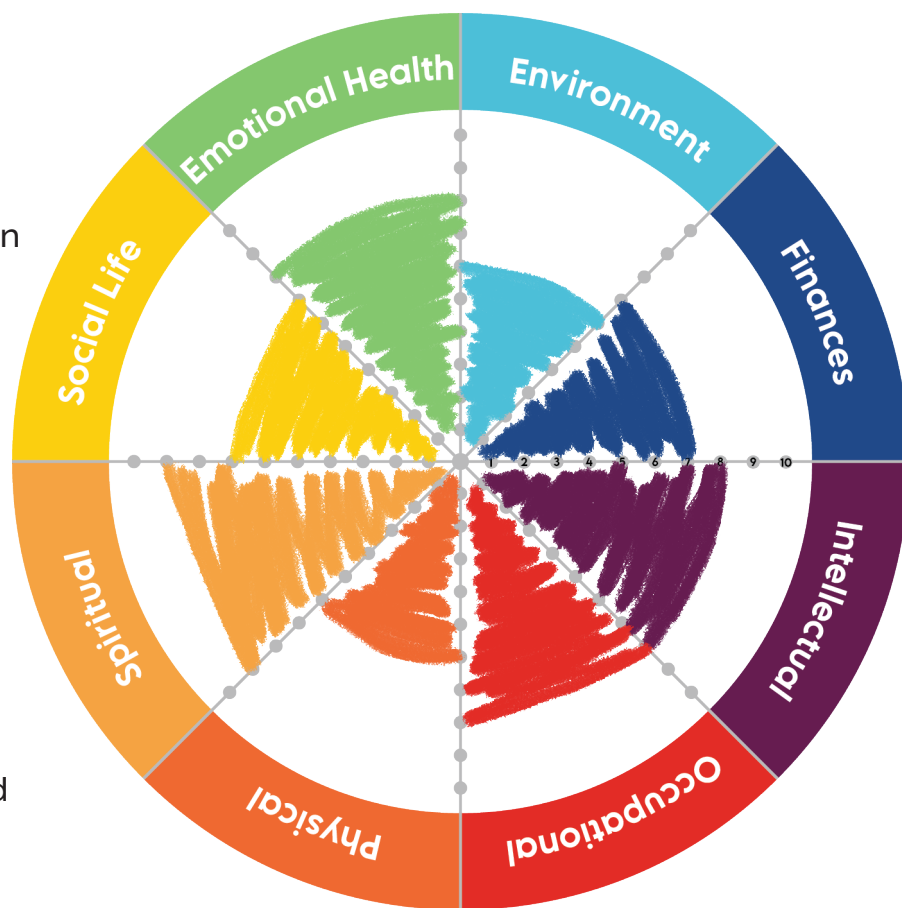
The “wheel of life” is a coaching tool used by coaches everywhere to help people assess what areas in your life you are satisfied with and what areas need some attention and growth.

We find it useful to utilize the 8 dimensions of wellness to assess a full picture of your life, or you can use a blank wheel to identify the areas that are most important to you.

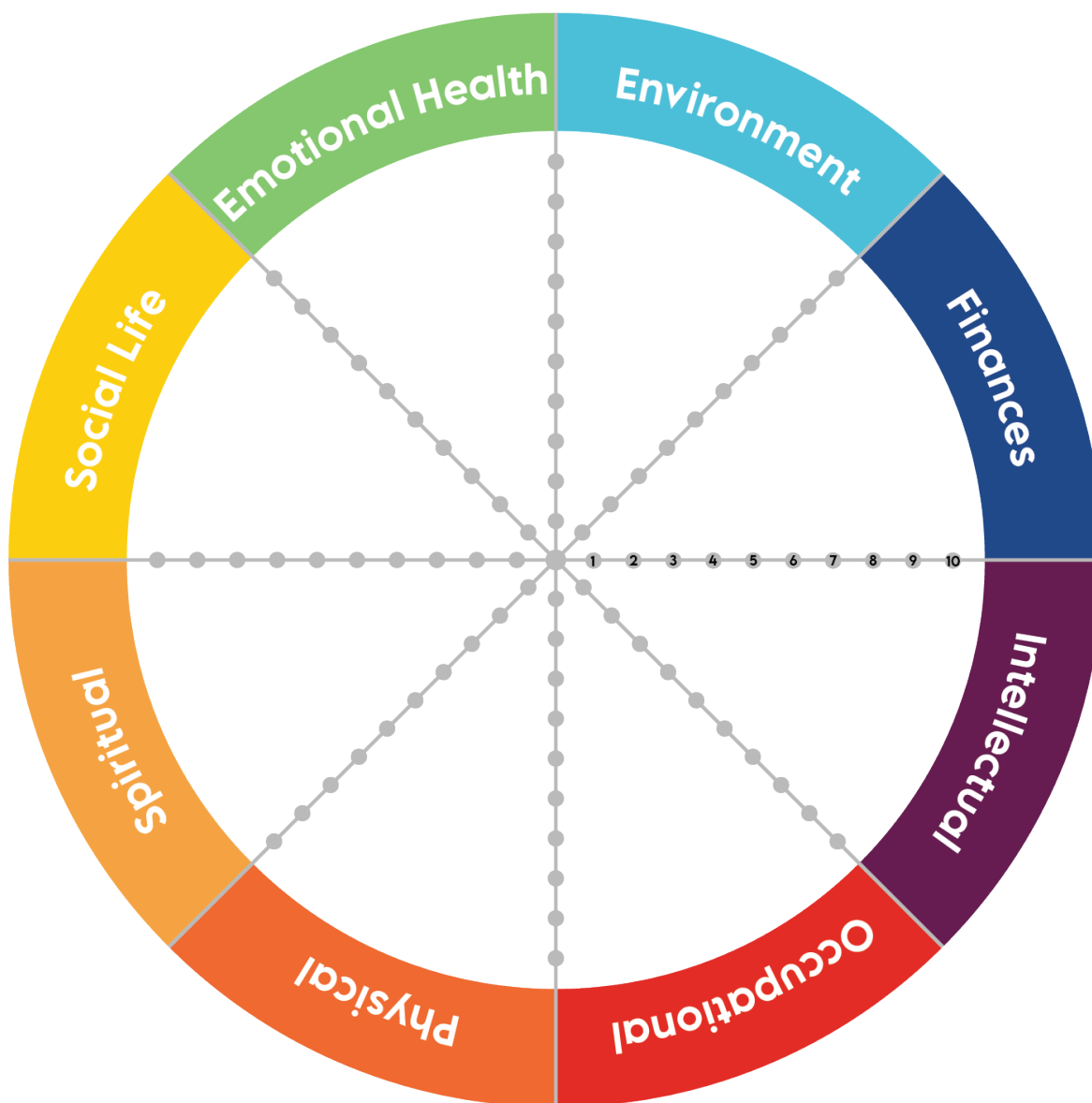
Not all the dimensions will always be relatable. They can be changed to align with your needs.

START HERE

1. Rate each category from 0-10 by level of satisfaction (10 being fully satisfied).
2. Connect the dots and fill inside of the circle to see the balance of your life.



STEP 1: ASSESS YOUR WELLNESS



REFLECTION

- What do you notice when you look at your wheel?
- What does your answer tell you?
- What area would you like to focus on?
- What are you currently doing in your life that would help you move forward in this area?
- What would success look like in this area?
- What steps can you take to move forward in this area?

STEP 2: IDENTIFY YOUR SELF-CARE NEEDS



What are your current practices in each area of wellness? What else would you like to try?

AREAS of WELLNESS	CURRENT PRACTICES	PRACTICES to TRY
Physical Recognizing the need for physical activity, foods, and sleep		
Spiritual Expanding a sense of purpose and meaning in life		
Social Life Developing a sense of connection, belonging, and a well-developed support system		
Emotional Health Coping effectively with life and creating satisfying relationships		
Environment Good health by occupying pleasant, stimulating environments that support well-being		
Finances Satisfaction with current and future financial situations		
Intellectual Recognizing creative abilities and finding ways to expand knowledge and skills		



STEP 3: ASSESS YOUR COPING STRATEGIES

Understanding and using your coping skills is an important step for creating effective self-care strategies. Some coping skills may be helpful, while others might not be. Skills that once worked for you may no longer be beneficial. List your coping strategies here:

Self-Care Tools	Helpful (What To Do)	Harmful (Don't Do)
Relaxation Which activities help you to relax (e.g. deep breathing, taking a walk)? Which activities make you more agitated or frustrated?		
Self-Talk Helpful self-talk may include, "I am safe/I can do this," versus "I can't handle this/I knew this would happen/I deserve this."		
Social Support Who can you reach out to for help or support? Which people should you avoid during times of stress? Be honest about who helps and who zaps your energy.		
Mood Which activities improve your mood (e.g. listening to music, enjoying the sunshine)? What should you avoid when times get tough (e.g. staying in bed all day, avoiding social activities)?		
Rejuvenate What helps you to get through difficult times? What helps you bounce back? Alternatively, what or who feeds negativity for you?		