

SELF CARE CHECKLIST



- ☐ Overspend , overeat and overindulge
- ☐ Expect others to read your mind and meet your needs
- ☐ Withhold success from yourself
- ☐ Ignore your deepest desires but seek to fulfill the desires of others
- ☐ Ignore your real emotions and put on a "happy" face
- ☐ Push yourself beyond reasonable limits
- ☐ Allow others to emotionally , physically , or sexually abuse you
- ☐ Deflect compliments
- ☐ Say yes because you can't say no
- ☐ Avoid time alone
- ☐ Over-exhaust yourself because of your need to feel important , needed or worthy
- ☐ Fear emotional intimacy
- ☐ Try to do it all yourself , never asking for help
- ☐ Try to appear perfect
- ☐ Take time for yourself
- ☐ Allow yourself to make mistakes and to be open about your weaknesses
- ☐ Ask for your needs to be met from a place of vulnerability
- ☐ Spend time with friends

- ☐ Rest
- ☐ Play
- ☐ Exercise
- ☐ Eat well
- ☐ Spend money wisely
- ☐ Pursue your dreams
- ☐ Share honestly with others
- ☐ Enjoy and make time to enjoy and be intimate with those you love
- ☐ Forgive
- ☐ Allow others to be disappointed in you
- ☐ Appropriately express emotions , including anger and sadness
- ☐ Tell others what they mean to you
- ☐ Be present for your children
- ☐ Receive love from others
- ☐ Say yes and no
- ☐ Create a powerful support system for yourself
- ☐ Celebrate accomplishments big and small

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