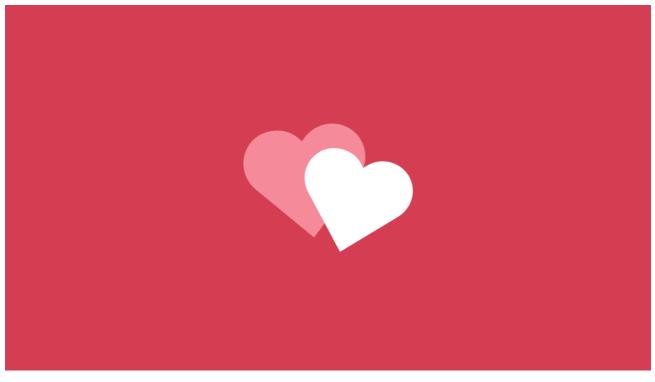
SELF CARE CHECKLIST



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 imotions 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 from 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	Make and Share Free Checklists checkli.com