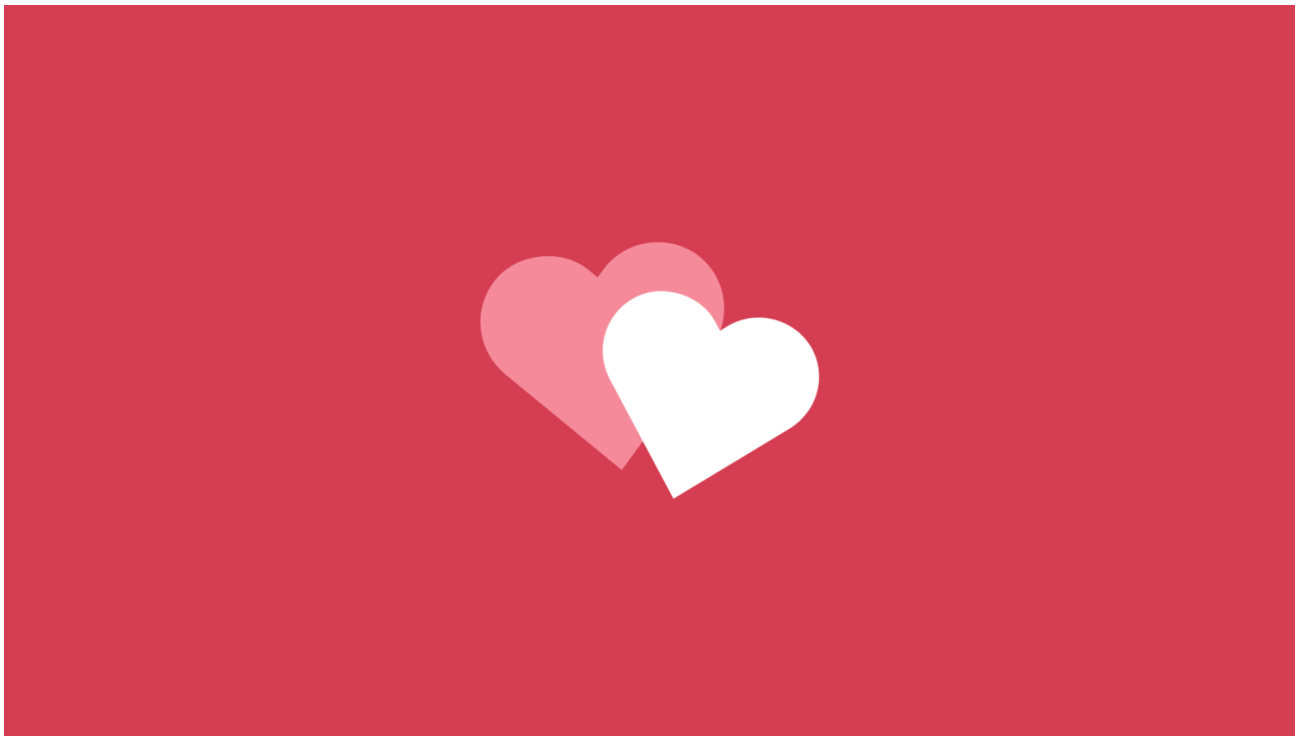
SELF CARE CHECKLIST



- [ ] 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

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