

Parent Yourself First

A Self-Care Inventory

Discover ways to
nurture yourself.

What needs attention and loving care in your life?

*Physically
Emotionally
Spiritually
Mentally*

On a scale from 1-10 where would you rate yourself –
1 being the lowest, 10 being the highest?

Physical Self-Care

_____ I'm kind and loving towards my body.

_____ I nourish my body by eating healthy foods that make me feel my best.

_____ I do some form of exercise weekly to manage my stress and energize me.

_____ I receive medical care for prevention and care when needed.

_____ I give myself permission to rest and have downtime.

_____ I take time off when I'm sick.

_____ I swim, walk, run, play sports, sing, dance or do some other physical activity that's fun.

_____ I get enough sleep.

_____ I drink plenty of water to stay hydrated.

_____ I wear clothes that I feel good in.

_____ I take vacations or make time to get away.

_____ I turn off my phone, turn off the computer and get away from distractions.

Emotional Self-Care

_____ I allow myself to feel, express and talk about my feelings in healthy ways.

_____ I address personal issues that are stressful in my life. I get support if needed from a therapist, coach, social worker, or safe friend.

_____ I live aligned with my priorities.

_____ I make time to play and laugh.

_____ I make time for quiet and self-reflection.

_____ I check-in with myself and notice my thoughts, judgments, beliefs, attitudes and feelings.

_____ I embrace self-compassion and kindness rather than criticizing and judging myself.

_____ I have healthy boundaries. I say no.

_____ If married, I take time for regular date nights and time together.

_____ I allow my kids to be age-appropriately responsible. I don't over-do for them or hover.

_____ I make time to enjoy and have fun with my kids.

_____ I spend time with life giving friends – friends I trust who listen when I'm faced with challenges, in need of support, or need to share my feelings.

_____ I ask for help when I need it and receive from others.

Spiritual (Sacred) Self-Care

_____ I give myself permission to do nothing.

_____ I make time for silence and solitude.

_____ I create space to light a candle, walk in nature, or to do those things that comfort me and bring balance to my life.

_____ I make time to give to others in some way that feels good to me.

_____ I'm practice having self-compassion and kindness towards myself.

_____ I'm open to not knowing and having to have all the answers.

_____ I say no to what I find depleting in order to spend time doing the things that energize and nourish me.

_____ I pray or seek a connection with God as I understand him.

_____ I listen to music or something I find soothing.

_____ I read inspirational literature that helps me to connect with myself and feel positive.

_____ I leave space for margin in my day.

Mental Self-Care

_____ I get rid of clutter and create a peaceful space for myself.

_____ I have a personal space that is my own sanctuary where I can go to be alone.

_____ I like the environment I have created in my home.

_____ I regularly sign up for a class, group, workshop, or read a book on a topic that is interesting to me.

_____ I'm open to learning a new hobby or skill.

_____ I engage in activities that are life-giving and energizing to me.

_____ I discover and use my unique interests, gifts, and talents in some way.

_____ I have goals and a vision for creating a positive future.

_____ I participate in opportunities to serve in my community in some way.

_____ I enjoy my work.

_____ My life is meaningful and has purpose.

Way to go!

It is an act of self-love taking the time to take this inventory.

What did you learn about yourself?

Don't criticize or judge yourself when you look at your answers. We all have areas in our lives where we can improve.

Think of 1 or 2 areas that you'd like to focus on.

What's missing?

What are you not doing that would feel good to you?

What can you do in a few minutes, an hour, or more to make a difference in how you feel?

Journal about this.