

Self-Care Reflection

SELF CHECK-IN

I'm feeling _____ right now, and that's okay. All of my feelings are valid.
(emotion)

In this moment, self-care to me looks like _____ .
(a self-soothing activity of your choice)

It means more _____ and less _____ .
(an activity you enjoy) (an activity you'd like to minimize)

I trust myself to do what's right for me. Even if that means I need to _____ .
(a boundary you're setting)

If I ever need anyone, I know that I can reach out to _____ .
(a loved one or resource)

What I love about them is that they _____ .
(a quality about your loved one or resource)

The greatest compliment someone could give me right now is _____ .
(something you love about yourself)

Just as those who care for me are committing to seeing the best in me, I commit to seeing the best in myself.

I love myself because I am _____ , _____ , and _____ .
(your favorite qualities about yourself)

I take care of myself because I am worth taking care of.

MY NEEDS RIGHT NOW

Circle as many needs as you'd like below.

Time Alone	Confidence	Add Your Own:
Time with Others	A Listening Ear	_____
Rest	Advice	_____
Exercise	Boundaries	_____
Routine	Sleep	_____
Something New	Balance	_____

MY SELF-CARE GO-TO KIT

A Movie I Love:

A Comforting Song:

A Delicious, Satisfying Meal:

A Form of Exercise or Movement:

A Hobby I Enjoy:

A Grounding Habit:

REFLECTION QUESTIONS

(Written in collaboration with [Dr. Stephanie J. Wong](#))

Write five affirmations or mantras that resonate with you.

What is your biggest strength and how can it be used to guide you in this moment?

Who or what makes your life meaningful right now? List at least three and describe why.
