

Self-care audit template

This template looks at 6 self-care areas: emotional, physical, social, spiritual, intellectual and financial.

Work through each area and make short notes (you can either print this out or type directly into the template) to decide which parts of your life need attention. There may not be anything you can do to resolve issues at this moment in time, but just being aware of it, means you can try to deal with some of the effects such as stress.

<p>Emotional How are you feeling emotionally? Are you overwhelmed, stressed, lethargic, down, close to tears? How are your relationships with others? Are they positive? Are you behaving with kindness or are you quick to snap/judge? Any of these factors may suggest you need to focus on your emotional wellbeing.</p>	
<p>Physical health How is your overall health? Do you have any existing health conditions? Are you sleeping, eating well, drinking enough water or drinking too much alcohol? Are you showering, brushing your teeth, washing your clothes? Are you exercising? Do you have any injuries? Are you having regular health check-ups? Do you have a sensible routine and build in rest and relaxation? It's fundamentally important to check in regularly on your physical health.</p>	
<p>Social Do you have friends or family who support you when times get tough? Equally, do you make time to have fun? Are you lonely? Is there more you could be doing to build a network? Are you also making enough time for other people (and not avoiding social interaction)? Or are you making too much time for other people and putting your own wellbeing last? Life is about balance.</p>	
<p>Spiritual Are you thinking about your purpose in life and the values and beliefs that drive you? Are you taking the time to reflect on what motivates you and what from your past may be stopping you from moving forward? Gaining greater understanding of your own self can help you to live a happier and more purposeful life.</p>	
<p>Intellectual Are you challenging yourself to learn and try new things? Are you thinking about your self-development and personal growth? Are you travelling and/or reading about different people and cultures? Are you expanding your horizons through film and literature? We all have to change and evolve throughout our lifetimes.</p>	
<p>Financial Is money an issue currently? Is it causing you stress or creating conflict with a partner? Do you</p>	

<p>have a good relationship with money or is it something you hide from? Do you have financial habits you want to develop? Our finances can cause stress and it's important to be aware of the impact it can have.</p>	
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Write down three achievable things you are going to do for your self-care and how often you will do it. They can be as simple as making sure you get some fresh air every day or read a new book a month.

Review this regularly.

Self-care activity	Frequency