Self-Care Checklist

Do You?

☐ 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 emotions and put on a happy face
☐ Push yourself beyond reasonable limits
☐ Allow others to emotionally or physically abuse you
☐ Deflect compliments
☐ Say Yes because you cannot say No
☐ Avoid time alone
☐ Overextend yourself because of your need to feel important, needed, or worthy
☐ Fear emotional intimacy
☐ Never ask for help and try to do everything yourself
☐ Try to appear perfect

or Do You?

☐ Take time for yourself
☐ Allow yourself to make mistakes and to be open about your weaknesses
☐ Ask for 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
☐ 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 family
☐ Receive love from others
☐ Say Yes and No
☐ Create a powerful support system for yourself
☐ Celebrate accomplishments big and small

Source

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