



Taking Care of YOU!

What stressors and challenges (people and events) am I struggling with now? (Make a list.)

Which emotions am I experiencing at the moment? (Circle all that apply).

fear anger doubt anxiety isolation sadness frustration weariness worry guilt
peace calm confidence serenity happiness energy satisfaction hope trust joy

What am I currently doing to take care of myself? (Write down everything you can think of.)

What are my greatest strengths? (You have more than you think! Make a list. Don't be shy!)

Ask some people I trust to tell me what *they* see as my greatest strengths. (Your list grows!)

What is one new skill I can add that will make my life and my "job" easier and less stressful?

How can I better align my intentions for the day with my accomplishments at the end of the day?

When I realize I can't get everything done by myself, am I comfortable asking for help? (Yes or No)

If No, why not? (Some reasons/excuses we give ourselves: If I ask for help I will appear weak. I'm strong enough. I can manage alone. No one wants to help me. They should know what I need without my having to ask. I'm too busy to take time to ask and explain. It's easier to do it myself.)

Who are the people in my support system – my advocates and allies – who are willing to help? (Make a list. If your list is too short, you can expand your support system. But you have to ask).

What tasks, duties or responsibilities do I need help with to lighten my load? (List them.)

What specific conversations must I have about getting help, and with whom?

Would it help me to improve my communication skills to get the outcomes and the help I need?

Am I in healthy relationships with family and friends? Do I set boundaries and enforce them?

What things bring me joy and happiness? Am I making time to do those things? If not, why not?

Balance involves what goes on *outside and inside* of me. Which areas of my life are out of balance?

Physical Emotional Spiritual Intellectual Financial Professional/Career Personal

What attitudes and behaviors ("junk drawer thinking") are getting in the way of my progress?