

Your Basic Needs Checklist

Adapted from the Woman's Comfort Book (Louen, 1992)

Basic Self-Care Needs:

- _____ Do I usually get enough sleep?
- _____ Do I usually eat something fresh and unprocessed every day?
- _____ Do I allow time in my week to touch nature, no matter how briefly?
- _____ Do I get enough sunlight, especially in wintertime?
- _____ Do I see my medical practitioner at least once a year?
- _____ Do I see a dentist every six months?
- _____ Do I get to move my body?
- _____ Am I hugged and touched amply?
- _____ Do I make time for friendships?
- _____ Do I nurture my friendships?
- _____ Do I have friends I can call when I am down, friends who really listen?
- _____ Can I honestly ask for help when I need it?
- _____ Do I regularly release negative emotions in a healthy manner?
- _____ Do I forgive myself when I make a mistake?
- _____ Do I do things that give me a sense of fulfillment, joy and purpose?
- _____ Is there abundant beauty in my life?
- _____ Do I allow myself to see beauty and to bring beauty into home and office?
- _____ Do I make time for solitude?
- _____ Am I getting daily or weekly spiritual nourishment?
- _____ Can I remember the last time I laughed until I cried?
- _____ Do I accept myself for who I am?

1) What do I need to help me better care for myself right now?

2) What stops me from taking better care of myself?

3) What fears do I have about reprioritizing my routine?

4) What intention can I create to improve my self-care today?

Now that you have set your daily intention...Take a few moments to connect to gratitude. Feel how blessed you are. Appreciate your life...Know that you are going to fulfill your self-care intention for today.