

# 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.