
SELF-CARE

Inventory

This inventory is for assessing your personal self-care practices. Please assign a value to each trait listed below according to how often you take care of yourself in these ways. When you are done, reflect upon the sections in which you scored the lowest and how you could improve your self care practices. Don't forget to reflect upon the highest scoring sections and acknowledge where you have succeeded!

5 • Frequently **4** • Regularly **3** • Rarely **2** • Never **1** • It never occurred to me

5 · Frequently 4 · Regularly 3 · Rarely 2 · Never 1 · It never occurred to me

PHYSICAL SELF-CARE:

Eat healthy foods regularly (<i>e.g. breakfast, lunch, and dinner</i>)	5	4	3	2	1
Get regular medical care	5	4	3	2	1
Recognize and respect your limits when sick	5	4	3	2	1
Engage in joyful physical activity (<i>dance, swim, walk, run, play sports</i>)	5	4	3	2	1
Practice healthy, positive expression of sexuality (<i>whatever that means to you</i>)	5	4	3	2	1
Get enough sleep (<i>6-10 hrs</i>)	5	4	3	2	1
Practice good personal hygiene	5	4	3	2	1
Go on an adventure (<i>take day trips or explore your area</i>)	5	4	3	2	1
Make time away from media (<i>phone, TV, video games, Netflix, etc.</i>)	5	4	3	2	1
Other (<i>please explain</i>):	5	4	3	2	1

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PSYCHOLOGICAL SELF-CARE:

Make time for self-reflection (<i>write in a journal</i>)	5	4	3	2	1
Express gratitude (<i>write a letter, random acts of kindness</i>)	5	4	3	2	1
Practice mindfulness, i.e., notice inner experience without judgment	5	4	3	2	1
Practice meditation and/or breathing exercises	5	4	3	2	1
Try new things or do something that is out of your comfort zone	5	4	3	2	1
Ask for help when needed (<i>with school, work, or personal problems</i>)	5	4	3	2	1
Practice accepting compliments instead of discrediting them	5	4	3	2	1
Respect personal limits and know that it is okay to say “no”	5	4	3	2	1
Other (<i>please explain</i>):	5	4	3	2	1

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EMOTIONAL SELF-CARE:

Allow for quality social time	5	4	3	2	1
Check in with friends and loved ones	5	4	3	2	1
Give yourself affirmations and praise	5	4	3	2	1
Reread/listen to your favorite book or watch your favorite movie	5	4	3	2	1
Engage in comforting activities and places	5	4	3	2	1
Allow yourself time to be mindful of your own emotions	5	4	3	2	1
Other (<i>please explain</i>):	5	4	3	2	1

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SPIRITUAL SELF-CARE:

Keep yourself open to inspiration	5	4	3	2	1
Participate in a supportive community (<i>spiritual or otherwise</i>)	5	4	3	2	1
Cherish personal optimism and hope	5	4	3	2	1
Identify what is meaningful in your personal life	5	4	3	2	1
Read inspirational literatures (<i>lectures, music, etc.</i>)	5	4	3	2	1
Contribute to causes you are passionate about	5	4	3	2	1
Other (<i>please explain</i>):	5	4	3	2	1

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ACADEMIC SELF-CARE:

Allow for breaks during studying	5	4	3	2	1
Participate in projects or tasks that are exciting and rewarding	5	4	3	2	1
Balance workload/classes	5	4	3	2	1
Arrange work space for optimal productivity	5	4	3	2	1
Allow quiet time/space to complete tasks	5	4	3	2	1
Maintain regular check-ins with advisors, professors, and/or mentors	5	4	3	2	1
Participate in study groups when support is needed	5	4	3	2	1
Other (<i>please explain</i>):	5	4	3	2	1

Self-care goals

Take the first step to improve your self care by creating your own goals and strategies. Just remember: Keep it simple & realistic! Start small, don't be too hard on yourself, enjoy the process, remember accountability (who/how can you hold yourself to these goals), and don't forget to celebrate your progress!

PHYSICAL GOALS	STRATEGY TO ACHIEVE GOAL	TIMELINE
1.	1.	
2.	2.	
EMOTIONAL GOALS		
1.	1.	
2.	2.	
SPIRITUAL GOALS		
1.	1.	
2.	2.	
PSYCHOLOGICAL GOALS		
1.	1.	
2.	2.	
ACADEMIC GOALS		
1.	1.	
2.	2.	
OTHER GOALS		
1.	1.	
2.	2.	