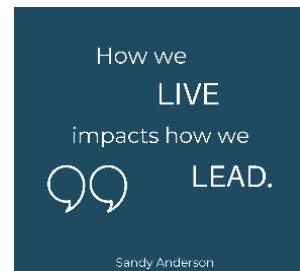


Self-Reflection Check In

#tendtoyourtable

Date:



1-10 (10 being excellent), reflect how you are currently doing in these self-care areas:

sleeping	
moving your body	
drinking water	
eating fruits & veggies	
creating regular time in your calendar for quiet/rest	
taking deep breaths on a regular basis	
intentional practicing gratitude	
other:	

What self-care behavior(s) do I desire to give intention to?

How can I attach this identified self-care behavior to a daily behavior I already practice? [Examples: Stating five things you are grateful for as you lay your head down to sleep. Three deep breathes before you open you email. Doing squats while you brush your teeth. Drinking a glass of water after every cup of coffee]

What decision can I make, or action can I take to increase success in tending to my intentional habit? [Examples: Place a note pad and pen by my bed to write down things I'm thankful for before I go to sleep. Place a post it on my computer to prompt me to deep breath before opening emails. Pour a glass of water when I pour a cup of coffee]