SELF CARE

TRY OUT THIS LITTLE EXERCISE TO SEE HOW MUCH YOU DO REALLY CARE!

'I AM WORTH IT' CHECKLIST

SCORING:

Very like me	3
Like Me	2
Unlike Me	1
Very Unlike Me	0

	SELF CARE CHECKLIST	SCORE
	I occasionally give myself nice like a present or treat	
	I make time to do relaxing activities	
	I believe it is necessary to be selfish at times	
	I like it when others look after me when I am ill	
	I plan events in my life that I can look forward to, such as holidays and outings	
	Every day I make sure I have some time to do something pleasurable for myself	
	I make a point of looking after my appearance and health	
	I like it when somebody gives me a present or compliments me on something I have done	
	I can praise myself if I think I have done a good job	
	I feel in control of my life, I do not simply live my life according to what other people want	
	I make a point of eating a healthy diet and do not skip meals	
	I like it when somebody gives me a present or compliments me on something I have done	
	I deliberately engage in exercise and keep myself physically fit	
	I deliberately make time to cultivate friendships with people I like	
	I make time to engage in absorbing meaningful hobbies and activities	
	Sometimes I have to put my own needs first which means I may have to upset or say 'no' to others	
	I can say no when other people make demands on me	
	TOTAL	

Score less than 25 – You need to improve you self-care skills!

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