



Self-Care & Support: Daily Self Assessment

Regular Self Awareness

- Close your eyes and bring your awareness inward.
- Notice your breathing, physical sensations, emotions, and thoughts.
- Meet what arises in your inner experience with a sense of compassionate witnessing and kindness.
- Take three slow deep breaths and gently open your eyes.

Self Inquiry & Expression

- ___ *Exploring Inward: Self Assessment* Handout
- ___ *Feelings Inventory* and *Needs Inventory* Handouts
- ___ Journaling (*Inward Searching Journal* Handout)
- ___ Dream Journal
- ___ Authentic self expression (writing, art, dance, ritual, music ...)
- ___ Today's expression:

Self Nurturing

- ___ *Practices for Self Nurturing* Handout
- ___ Today's pleasure, enjoyment, nurturing:

Authentic Connection

Today's connection with:

- ___ Friend:
- ___ Family member:
- ___ Support Group Meeting:
- ___ Therapist/counselor:
- ___ Spiritual community:

Personal Care

- ___ Mindful nutrition (*Mindful Nutrition* Handout)
Today's nutrition:
- ___ Mindful sleep practices (*Deep Sleep* Handout)
Last night's sleep:
Tonight's intention:
- ___ Sunlight and fresh air – walk/hike/nature/wilderness
Where I went today:
- ___ Deep relaxation (15-20 minutes. See *Support through CDs* Handout)
Today's relaxation:
- ___ *Meditation (Mindfulness Meditation* Handout; see *Support through CDs* Handout)
Today's meditation:
- ___ Breath Practice (*Pranayama: Breathing Practices* Handout; support through CDs)
Today's breath practice:
- ___ Body-mind practice: yoga, tai chi, chi gong, aikido, authentic movement... (Support through CDs)
Today's body-mind practice:
- ___ Cardiovascular Movement (brisk walk, hike, swim, bike, run)
Today's movement: