

Self-Care Check-In

Questions for Present Moment Awareness

Questions	Answers
What am I feeling right now?	
What choice can I make right now to take care of myself?	
Right now, what am I grateful for?	
Who else will benefit from me taking care of myself?	



Questions for Reflection

Questions	Answers
What did I do today that had meaning?	
When was I most productive today?	
What's going on in life right now?	
What makes self-care valuable to me?	