

Sacred Self-Care Inventory

This worksheet is designed to help you assess and reflect upon your current self-care behaviors. This list is not exhaustive, but is a starting point for assessing your self-care practices. There is no scoring and no expectation that you should be doing all of these. When you are done, pay attention to the patterns in your responses. What areas are you doing well in? Where could you use improvement?

Use the scale below to rate each item.

3	I do this consistently or on a regular basis.
2	I do this sometimes.
1	I rarely do this.
0	I never do this.

Spiritual Self-Care	3 Consistently	2 Sometimes	1 Rarely	0 Never
Devote time to prayer and scripture reading				
Practice meditation or centering prayer				
Participate in corporate worship or scripture study				
Set aside a day for reflection and renewal				
Take time to experience the beauty of God in nature				
Participate in a spiritual community or peer group that challenges and supports me				
Seek spiritual direction				
Express gratitude for my blessings				
Intentionally cultivate a forgiving disposition				
Participate in a multi-day retreat				

Physical Self-Care	3 Consistently	2 Sometimes	1 Rarely	0 Never
Drink at least 64oz of water daily				
Take time for meals each day				
Eat in ways that are healthy for my body				
Get at least 7 hours of sleep each night				
Get 150 minutes of moderate to vigorous exercise each week				
Maintain a good balance of activity and rest				

Physical Self-Care	3 Consistently	2 Sometimes	1 Rarely	0 Never
Notice and respond to my body's signals (e.g., pain, fatigue, discomfort)				
Have a good medical support team				
Follow up with medical care				
Properly manage any physical health conditions, illnesses, or disabilities				
Try to accept and love my body				

Emotional Self-Care	3 Consistently	2 Sometimes	1 Rarely	0 Never
Laugh and have fun often				
Find time to do things I enjoy				
Engage in play and creativity				
Participate in therapy				
Journal				
Practice positive self-talk				
Say no and assert boundaries				
Work at a reasonable pace				
Refrain from overcommitting				
Limit social media consumption				
Acknowledge and accept positive and negative emotions				
Appropriately manage mental health conditions, illnesses, or disabilities				
Recognize when I am stressed and respond to it				

Mental Self-Care	3 Consistently	2 Sometimes	1 Rarely	0 Never
Practice mindfulness meditation				
Read books, magazines, or newspapers				
Do puzzles				
Learn or practice a new skill				
Take a class				
Watch documentaries or films that expose me to different cultures				
Learn a language				
Play word games or strategy games				
Attend plays, museums, or cultural performances				

Intentionally expose myself to different viewpoints				
Take time for mental rest				

Relational Self-Care	3 Consistently	2 Sometimes	1 Rarely	0 Never
Spend quality time with people I care about and who care about me				
Have friendships based on mutual respect and reciprocity				
Express my gratitude to others				
Call, text, and contact friends and family				
Give and receive compliments				
Capable of asking for and receiving help from others				
Minimize contact with energy vampires				
Have harmonious relationships with people I live and work with				
Do fun things with other people				