

Circle of Self-Care Program

Even in the best of times, life can be challenging. During those ‘other times,’ we can feel even more stretched, stressed, overwhelmed, and depleted. Yet, we rarely pause to evaluate our well-being and create intentional strategies to care for ourselves. If we are to remain healthy and whole, we must intentionally engage in radical self-care. The *Circle of Self-Care* tool is made up of ten key areas of our lives that are important to our well-being. They must be in balance. If one area of the circle is off-balance, our *life* feels unbalanced and ‘off.’

By completing the *Circle of Self-Care* program, you can begin to identify the areas of your life that are feeling neglected and begin to practice greater self-care toward those areas. To get started, simply follow these steps.

Step 1

Take an inventory of your life by placing a checkmark next to each item that is currently true for you. You may also check the box and give yourself credit for items that do not apply to you.

Family

- I have a soul mate or someone who deeply knows and loves me
- I get along well with my spouse or significant other
- I feel loved
- If I have children, I spend regular quality time with
- I get along well with my siblings and parents
- There is someone in my family who looks out for me
- I have no untended conflicts with my family

Relationships

- I have a best friend
- I have a circle of friends who are supportive of me
- I have made a new friend in the last six months
- I regularly encourage or help others who have a need
- I have sought forgiveness from those I have harmed or hurt
- I have set clear boundaries with others in my life
- I respect and honor the boundaries of others

Financial

- I have a savings account to which I contribute monthly
- Each month, I spend less than I earn
- I have a budget to which I adhere
- I have an 'emergency fund' set aside which will sustain me for at least three months if needed
- I am debt free
- I consistently set money aside for retirement
- I have a long-term financial plan

Physical

- I exercise regularly
- I eat a healthy diet
- I avoid the overuse of foods and drinks that are not healthy for me
- I have had a thorough physical exam in the last year
- I have had my vision, hearing, and teeth checked in the last year
- I protect my body when I am outdoors (e.g., sunglasses, sunscreen, etc.)
- I am physically and emotionally safe

Environment

- I live in a clutter-free environment
- My living environment is clean
- My living environment is healthy
- Where I live, I am safe and protected
- My living environment is attractive to me
- My living environment brings me a sense of peace and joy
- I find it easy to care for my home

Career

- I do work that I love
- My job makes the best use of my knowledge, skills, and capabilities
- My work fulfills me
- My work provides appropriate wages and benefits for me and my family
- I work in a safe environment
- I feel gratified by the work I do
- I enjoy working with my boss and co-workers

Mental

- I have forgiven myself for mistakes I have made
- I have forgiven others who have hurt me
- I regularly spend time relaxing
- I practice mental exercises regularly (e.g., reading, puzzles, etc.)
- I have engaged in a multi-tasking exercise in the past week
- I have worked on a puzzle or played a mind-stretching game in the last two weeks
- I have someone I can talk to

Enjoyment

- I have a hobby
- I understand what brings me happiness and enjoyment
- I have laughed today
- I regularly participate in activities that I enjoy
- I enjoy living my life
- Those who are close to me know what I enjoy doing
- I have discovered a new enjoyment in the last six months

Spiritual

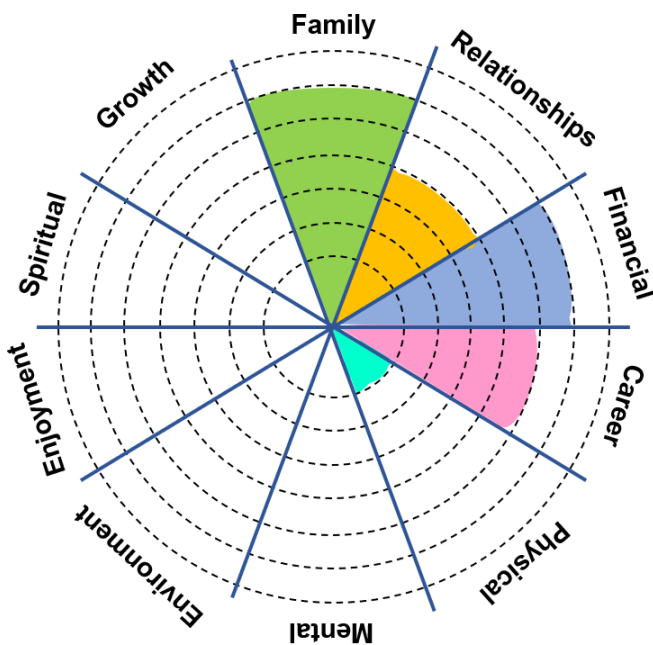
- I have made time in the last week for my spiritual life
- I exercise my spiritual practices daily
- I regularly read my spiritual or holy texts
- I regularly participate in a group associated with my spiritual beliefs
- I have volunteered my time in the last six months to my church or spiritual organization
- I make a conscious effort to live my life in a way that is aligned with my belief system
- I practice healthy forgiveness

Growth

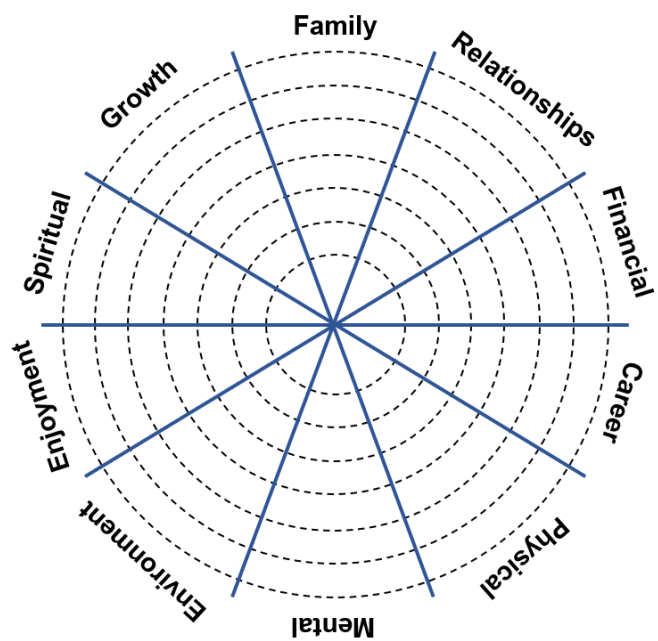
- I have taken a class or course in the last year
- I have read a non-fiction book in the last six months
- I am actively engaged in learning something new
- I have learned a new skill in the last month
- I have done something that has expanded my mind in the last six months
- I have learned something new from a friend or acquaintance in the last six months
- I have taught another person something new in the last year

Step 2

Count the number of boxes checked in each of the ten categories above. For each category, begin coloring in the center of the circle below and color outward up to the line that equals the number of boxes checked in that category. Example, if in the Family category, you checked six boxes, you would color to the sixth line. If in the Relationships category, you checked four boxes, you would color to the fourth line, etc.



Example



Step 3

After completing step two, you will be able to see the parts of your *Circle of Self-Care* which are strong. You will also be able to see the parts that could use your attention.

Next, identify which of the ten areas of your life create the most vulnerability for your overall well-being (for example, which area has the largest gaps?). Create a plan (you may use the “My Self-Care Plan” template below) to generate and commit to actions that will strengthen those areas. You may choose to simply address the un-checked items in some of the ten categories or you may choose to take other actions. You may address issues in more than one area in your plan. When you have addressed an item, you may color in the additional ring in that category. Be kind to yourself. Don’t try to do too much at once. One small self-care step at a time will eventually add up to a healthier, more balanced life.

My Self-Care Plan

WHAT Item to Improve	HOW What I Will Do	WHEN I will complete by (date)	WHO Who will I ask to help me?

Let me know how you are doing.
Visit me online at www.bradleyddavidson.com.

