



Seven short steps: a quick check across six areas of your life, what drains and refills you, your warning signs, a self-care menu, what gets in the way, a plan for this week and a check-in at the end of it.

01 A quick check across six areas

Rate how looked after each part of your life feels right now. There's no right score, and no one else's to compare with. It just shows you where to start.

Body: food, movement, health appointments, feeling physically OK



Rest: sleep, breaks, time when nothing is asked of me



Mind: room to think, learning something, less mental clutter



Feelings: noticing how I feel and letting it out somewhere safe



People: time with people who are good for me, and help when I need it



Meaning and space: things that matter to me, time outdoors, quiet



Things I already do that help, even small ones:

02 What drains me, and what refills me

Think about a normal week. On the left, write the things that leave you tired, tense or flat. Next to each one, write something small that helps you recover from it.

What drains me	What refills me after it
A task, a person, a time of day	Small, free and realistic

03 My warning signs that I'm running low

Most of us have our own early signals before we hit empty. Tick the ones you recognise, then add your own. Catching them early means a smaller fix.

- ☐ I snap at people over small things
- ☐ I'm sleeping badly, or sleeping a lot and still tired
- ☐ I skip meals or live on snacks
- ☐ I scroll for hours without enjoying it
- ☐ I cancel plans or stop replying to messages
- ☐ Small jobs feel huge, so I put everything off
- ☐ I stop doing the things I normally enjoy
- ☐ Headaches, a tight jaw or tense shoulders

My own early warning signs:

04 My self-care menu

A list of options you'd actually do, sorted by how much time they take. When you're low, you won't have the energy to think of ideas, so write them now. Keep them free or nearly free.

5 minutes

e.g. a glass of water,
stepping outside,
stretching, one song

30 minutes

e.g. a walk, cooking
something simple, a call
with a friend

Bigger

e.g. a free afternoon, a
day out, sorting a health
appointment

05 What gets in the way, and a kinder reply

Guilt, no time, 'other people have it worse'. Write down the thoughts that stop you, then answer each one the way you would if a friend said it.

What stops me

e.g. 'I don't have time' or 'it's selfish'

A kinder, truer reply

e.g. 'Five minutes counts' or 'I can't help
anyone on empty'

06 My self-care plan for this week

Pick two or three things from your menu, not ten. Then decide exactly when and where, for example 'After I drop the kids off, I'll walk the long way home'. A plan tied to a moment is usually easier to keep than a good intention.

What I'll do

From my menu

When and where

After... / On... at...

Done?

Tick or note how it went

If I miss a day, what I'll tell myself (and when I'll pick it back up):

07 End-of-week check-in

Come back to this in a week. You're not grading yourself, just noticing what helped so next week's plan can be a little better.

Overall, how looked after do I feel this week?

1 2 3 4 5 6 7 8 9 10

Running on empty

Well looked after

What helped most, and what I'll keep:

What didn't fit, and what I'll try instead:

When you're done, a moment to reflect

- When did you last feel properly rested? What was different about that time?
- Who in your life makes you feel more like yourself, and when did you last see them?
- What do you do for other people that you never let yourself have?
- What would you tell a friend who was as tired as you are right now?
- If you could protect just one small thing in your week, what would it be?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.