

# Self-Care Checklist

- I maintain my core values in everything I do
- I collaborate and communicate well with others
- I surround myself with people who want me to succeed, and I support other's success
- I'm comfortable talking about my interest, strengths, and talents
- I am a good role model
- I have regular contact with people who listen and give me good advice
- I look forward to my future
- I organize my life to include a balance of work and play
- I focus adequate time on things I'm passionate about
- I exercise regularly
- I eat healthy foods
- I have fun
- I maintain mental health and well-being
- I take good care of myself spiritually
- I know well-being depends on staying motivated over time, and I maintain, short, medium, and long-term plans to stay healthy

I am doing the following things to enjoy life on a regular basis:

I might want to improve trauma-informed practice in the following areas: