



## SELF-CARE CHECK-IN & NEEDS REVIEW

Knowing ourselves and our needs is essential to living a fulfilling and balanced life. This is a quick coaching exercise to help you connect with yourself and find out what you may be needing to take better care of yourself to feel happy and at peace as a working mum.

I suggest you come back to this exercise once a month to keep you aware of what's going on in your life so you can be proactive instead of reactive. Schedule in that Hot Date With You (even 15 minutes will make a big difference) and reflect on what you need and how you can take better care of yourself to create more ease and flow in your life.

Start by looking at the list below and score each item out of ten. Try not to think too much about your answers, instead give a first gut or instinctual score. Next write down next to each item what you need / could do to raise your scores - including ONE action for yourself. Lastly, review and answer the questions written under the table below.

Melanie x

## Where do I need to take care of myself more?

|    | <b>Where do I need to take care of MYSELF more?</b> | <b>How satisfied are you currently in this area? *</b> | <b>What do I need? What would raise my score?</b> |
|----|-----------------------------------------------------|--------------------------------------------------------|---------------------------------------------------|
| 1  | My energy levels                                    |                                                        |                                                   |
| 2  | How inspired I'm feeling                            |                                                        |                                                   |
| 3  | Fun & play                                          |                                                        |                                                   |
| 4  | Self-honesty                                        |                                                        |                                                   |
| 5  | Peace & quiet                                       |                                                        |                                                   |
| 6  | Feeling heard or seen                               |                                                        |                                                   |
| 7  | Feeling accepted and understood                     |                                                        |                                                   |
| 8  | My friendships                                      |                                                        |                                                   |
| 9  | My physical appearance                              |                                                        |                                                   |
| 10 | Feeling loved and appreciated                       |                                                        |                                                   |
| 11 | My environment (e.g. home & workspace)              |                                                        |                                                   |
| 12 | Physical health                                     |                                                        |                                                   |
| 13 | My feelings & emotional health                      |                                                        |                                                   |
| 14 | Organisation & simplicity                           |                                                        |                                                   |
| 15 | Being challenged & stretched                        |                                                        |                                                   |
| 16 | Learning & personal growth                          |                                                        |                                                   |
| 17 | Money/ finances                                     |                                                        |                                                   |
| 18 | Connection to myself                                |                                                        |                                                   |
| 19 | Relaxation & pampering                              |                                                        |                                                   |
| 20 | Something else:                                     |                                                        |                                                   |

\* Give a score out of 10, where 1 is low and 10 is high.

Now review and answer these questions:

- What surprised you most about your response?
- What patterns and themes do you notice?
- What else do you notice about your responses, that perhaps you haven't mentioned yet?

*Work Happy Mums is the go-to resource for return-to-work professional women and career advancers. We help women get clarity on what they really want from their career after having children, enhance their skills, rebuild their professional confidence, and successfully navigate career and family to be the best they can be at work and at home.*

*Visit [Work Happy Mums](#) to find out more about us, and get in touch today to schedule your complimentary Career Assessment to see how we can support you on your back-to-work journey and beyond. We're with you every step of the way!*

*Best wishes,*

*Melanie Fieseler  
Work Happy Mums*