

# Self Care

## Reflective Questions

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1. How happy are you most of the time?
2. How do you feel about yourself?
3. How healthy do you feel right now?
4. Who & what do you love?
5. How do you feel about work?
6. Are you getting adequate rest?
7. Do you feel loved?
8. What are your fears?
9. What gives meaning or purpose to your life?
10. Do you seek & accept help/comfort from others?
11. Do you forgive yourself?
12. What are your hopes?
13. What do you treasure as joys & enjoyment?
14. What do you feel when you look at yourself in the mirror?
15. If you could change 3 things in your life what would they be?

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