Take some time for self- compassion! This is a quick exercise to help you connect with yourself and find out what you may be needing more of in order to access your Highest Potential Self (HPS) more quickly and easily and maintain this state for longer.

Look at the list below and score each item out of 10. Then answer, "What do I need to do to raise my score?"

Finally answer the questions underneath - including identifying at least one action for yourself to take immediately.

It's important that the score you give is your gut reaction, how you are feeling not what you think you should be feeling.

|  |  |  |
| --- | --- | --- |
| **Where do I need to take more care of myself ?** | **How satisfied am I**  **in this area currently?** (1 is low, 10 is high) | **What do I need to**  **do to increase my score?** |

1. My Energy Levels ………………………………………… \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How Inspired I'm Feeling …………………………….. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. The amount of Fun and Play I am experiencing…….. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Peace and Quiet ………………………………………….. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Feeling Heard and/or Seen …………………………… \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Feeling Accepted and Understood …………………. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. My Friendships ……………………………………………. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. My Physical Appearance ………………………………. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Feeling Loved and Appreciated …………………….. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. My Environment (eg. home, workspace) ……….. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. Physical Health …………………………………………… \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. My Feelings and Emotional Health ………………… \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Organisation and Simplicity ………………………….. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. Being Challenged and Stretched …………………… \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Learning and Personal Growth ……………………… \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
16. Money/Finances ………………………………………….. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
17. My Spirit………………..……………………………………. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
18. Relaxation and Pampering ……………………………. \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
19. Connection to others…………………………………….. \_\_\_\_\_/ 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
20. Other: ………………………………………………………… \_\_\_\_ / 10 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* What surprises you most about your responses? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What patterns and themes do you notice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What else do you notice ?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Finally, write at least ONE action you will take THIS week to take more care of yourself: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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