

Lifestyle and self-care audit



As you look through and answer these questions, please be gentle with yourself. Remember you are doing the best you can with the resources you currently have.

You can type directly into this document on your laptop, print it off, or use it for inspiration in your journal.

Date

What issues are you experiencing that you would like to address?

Food

For one day, write down everything you eat and drink, with timings.

What messages did you receive from your family of origin about food?

How can you ensure you stay hydrated?

How can you bring more nourishment into your diet?

How can you reduce hormone-unfriendly foods? (i.e. processed, sugar, caffeine, alcohol)

Movement

How many hours a day do you spend sitting?

Do you break up your time seated with movement?

What kind of movement do you love?

What kind of exercise do you do?

Does your exercise include aerobic, strength and stretching?

What gets in the way of exercise for you?

De-stress and rest practices

What activity is restful to you?

How often do you have this in your life?

How much sleep do you get, and how is the quality of your sleep?

What would improve the quality of your sleep?

What might you delegate or stop doing in your life?

How and where can you slow down?

What beliefs about rest did you learn from your family of origin?

Community

Do you have enough people around you who get you?

How can you prioritise more time with them?

Do you have people around you who are draining, or toxic?

How can you reduce the toxicity or the time you spend with them?

Creativity

How many hours a day do you spend on your phone and computer?

How can you reduce phone use and scrolling?

Do you have play in your life? What does this look like for you?

What creative pursuits have you enjoyed, or do you enjoy now?

If you could safely abandon the rest of your responsibilities, what would you most like to be doing now?

Pleasure

Where do you have pleasure through your senses in your everyday life?

Which of your senses are most alive for you?

Do you connect with nature often enough?

How might you reconnect with pleasure in your body?

One small change

What one, small change could you commit to this month?

When will you review this?

Rinse and repeat!

A reminder that we need you in the world with a full deck of spoons and giant ovaries to kick patriarchy's arse: it's a big job but you don't have to do it alone!

Love, Kate x