WORKSHEET Where I Come Last

Rate each area from 1 (I always come last here) to 5 (I take good care of myself here). Then write one line about what that looks like right now.

Time: I protect time that's just mine. Rating (1–5): _____

What it looks like: _____

Money: I spend on my own needs without guilt. Rating (1–5): _____

What it looks like: _____

Rest: I rest before I'm running on empty. Rating (1–5): _____

What it looks like: _____

Health: I keep my own appointments and look after my body. Rating (1–5): _____

What it looks like: _____

Voice: I say what I think and what I need. Rating (1–5): _____

What it looks like: _____

Fun: I do things just because I enjoy them. Rating (1–5): _____

What it looks like: _____

My lowest area is: _____

One small thing I'd like to be different there in a month: _____

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