FREE SELF-CARE WORKSHEET

Soul care *check-in*

A gentle self-assessment across the five pillars of soul care. Circle how true each statement feels right now. 1 is “not true for me” and 5 is “very true for me.” There are no wrong answers, only honest ones.

Spiritual care

Total: ____ / 20

I make time for what gives my life meaning and purpose.	1 2 3 4 5
I have practices that ground me (for example prayer, reflection or time in nature).	1 2 3 4 5
I experience peace and hope, even in hard seasons.	1 2 3 4 5
My values guide how I live and the choices I make.	1 2 3 4 5

Body care

Total: ____ / 20

I get enough sleep most nights.	1 2 3 4 5
I move my body in ways I enjoy.	1 2 3 4 5
I eat in ways that nourish me and give me energy.	1 2 3 4 5
I notice and respond to stress in my body.	1 2 3 4 5

Self love and acceptance

Total: ____ / 20

I speak to myself with kindness.	1 2 3 4 5
I set healthy boundaries without feeling guilty.	1 2 3 4 5
I believe I am worthy of love just as I am.	1 2 3 4 5
I give myself grace when I make mistakes.	1 2 3 4 5

Community

Total: ____ / 20

I have people I can be honest with.	1 2 3 4 5
I feel seen and supported by others.	1 2 3 4 5
I make time for relationships that fill me up.	1 2 3 4 5
I ask for help when I need it.	1 2 3 4 5

Mindfulness

Total: ____ / 20

I take moments to be still during my day.	1 2 3 4 5
I notice my feelings without judging them.	1 2 3 4 5
I make space for rest and quiet.	1 2 3 4 5
I practise gratitude regularly.	1 2 3 4 5

SOUL CARE CHECK-IN

What your results mean

16 to 20
This area is a strength. Keep tending it and notice what helps.

10 to 15
This area could use some attention. Small, steady steps make a difference.

4 to 9
This area may be running low. Be gentle with yourself, and consider reaching out for support.

My scores

PILLAR	SCORE
Spiritual care	____ / 20
Body care	____ / 20
Self love and acceptance	____ / 20
Community	____ / 20
Mindfulness	____ / 20

The pillar I want to focus on

One small step this week

What is already going well

An intention for this season

Caring for your soul is not selfish. It is how you keep showing up for your life.

You don't have to do this alone.
Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist