

# Checking out vs Soul food Assessment



## Key things to know:

- one is not better than the other. Both can be good for you
- note how each have been defined below before you get started
- Also, review the two-by-two on the next page and familiarize yourself with it before you start. Note how the activities you list make you feel and plot them accordingly - i.e. allow me to check out, but I feel nothing or allow me to check out and I feel energized.

## Definitions:

### Checking out

Giving oneself a mental break. It's a desire to not have to think or use the body or mind. Activities usually include social media, tv, napping, or doing something that doesn't require "interaction" or "using one's brain."

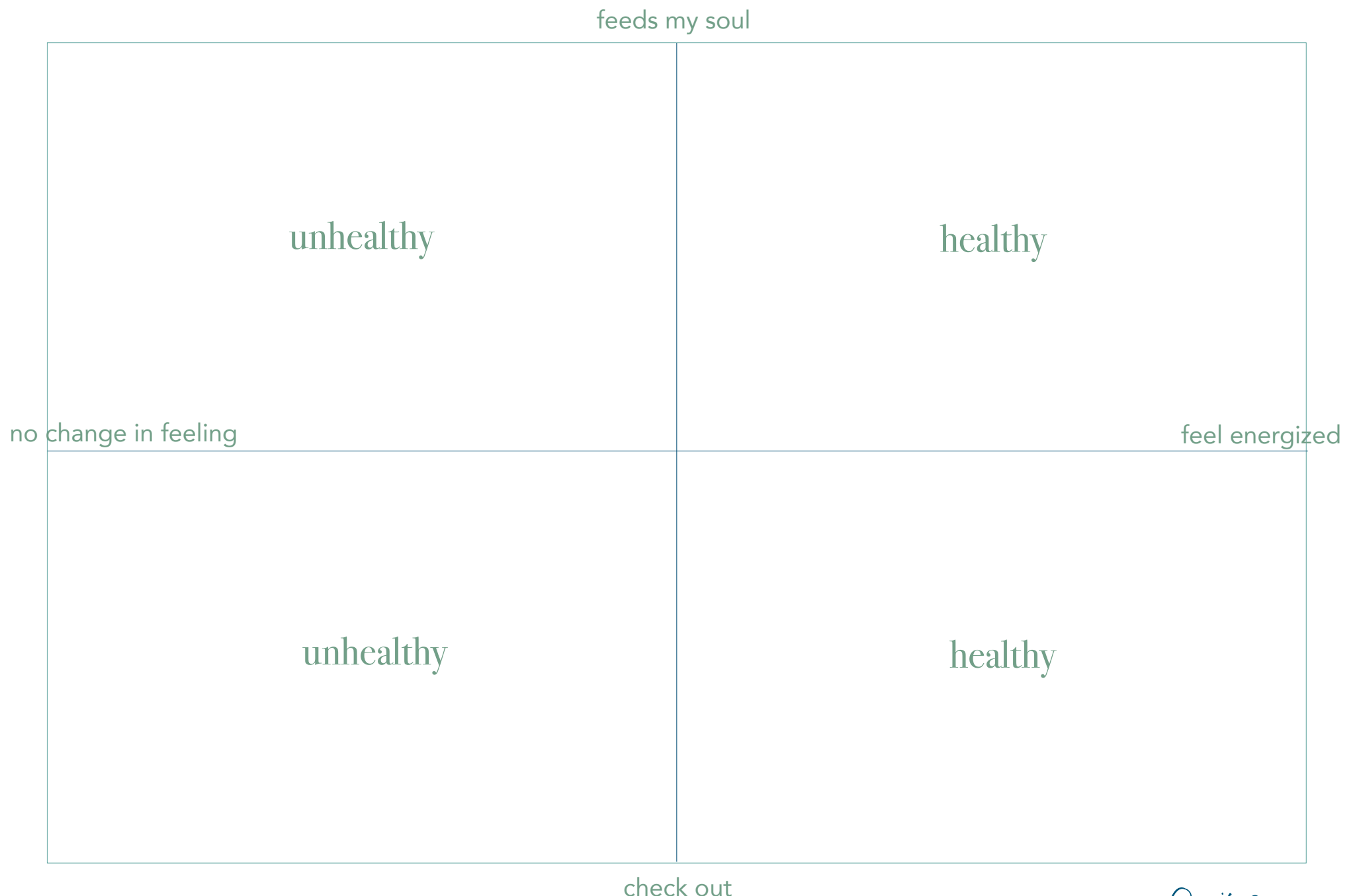
### Soul Food

Doing an activity that ignites the soul, rejuvenates, brings feelings of warmth, love, and gratitude.

# checking out vs soul food

This assessment will allow you to see how much of your self care activities fall into checking out or soul food. The goal is to determine what activities are serving you well and even determine if you have a balanced approach. To the left, list all the activities you enjoy or even use to check out or fuel your soul. Then plot each activity on the chart below to see where these activities fall. See example on the next page.

## list all activities

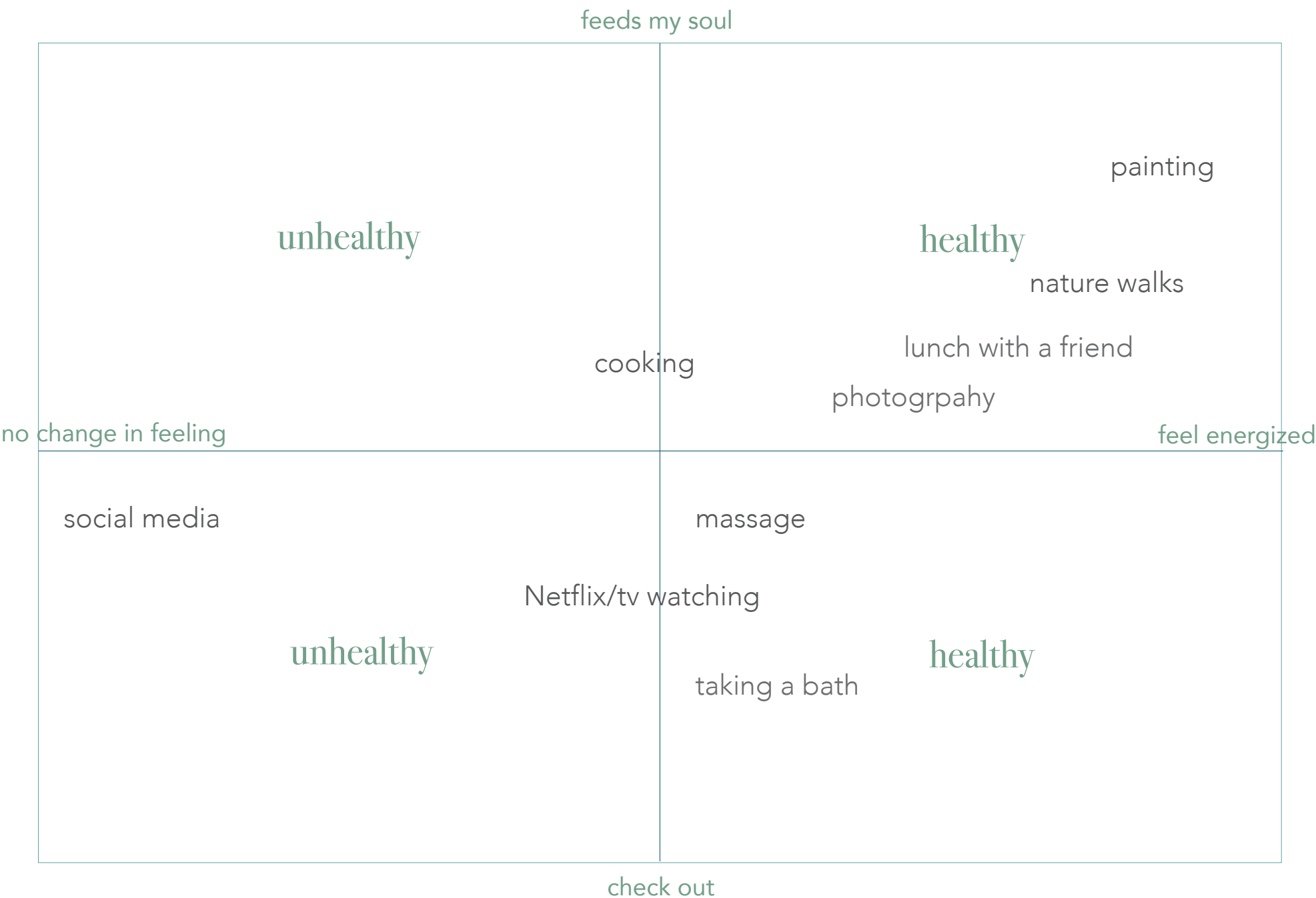
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# checking out vs soul food

## Example

### list all activities

- painting
- nature walks
- social media
- massage
- taking a bath
- Netflix/watching tv
- lunch with a friend
- photography
- cooking



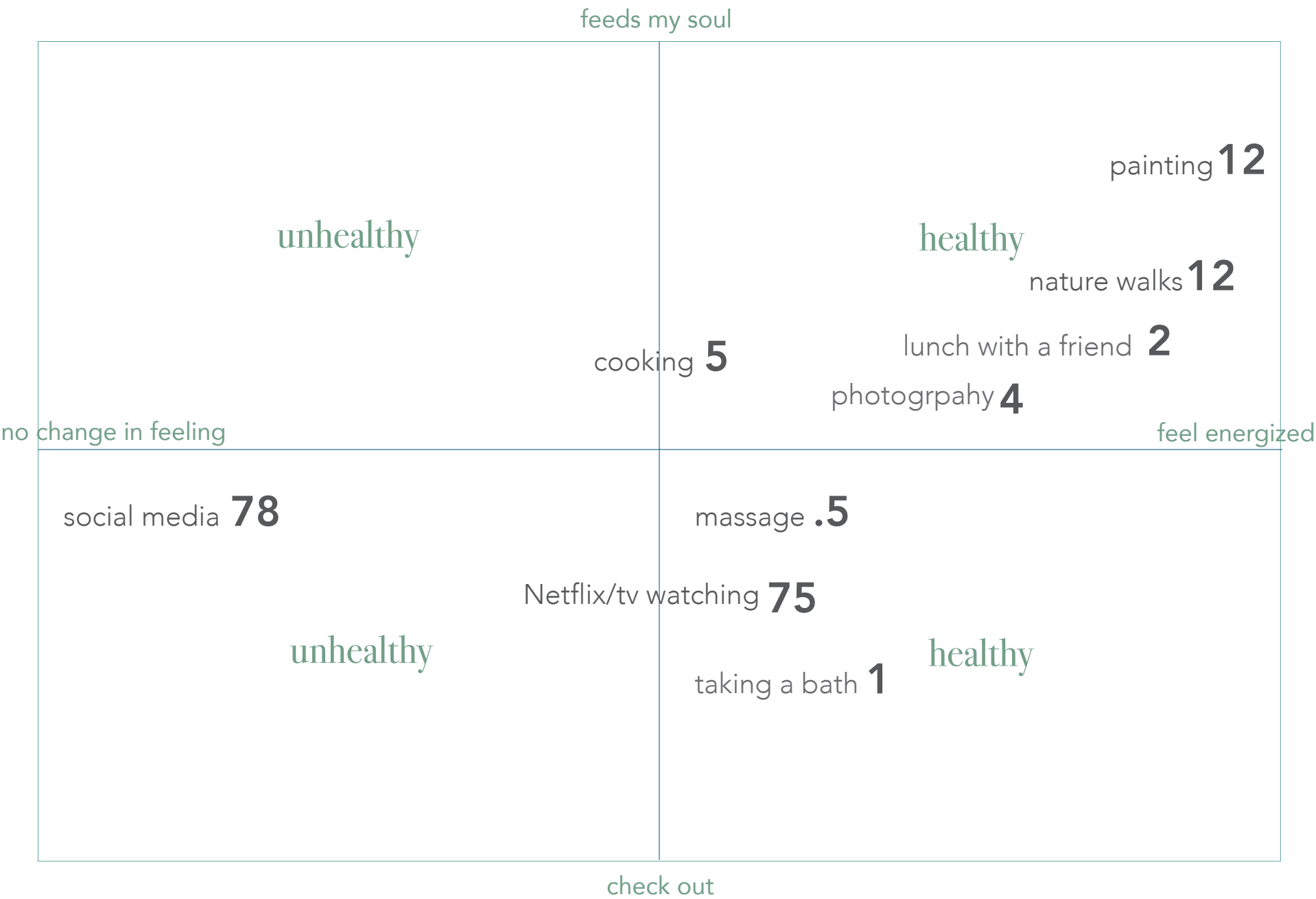
# checking out vs soul food

## activity

Now go through and put a loose number by each activity on the number of hours you participate in these activities in a month. See my numbers below (hint: on social media your phone will actually give you a rough number so you have a better idea of how much time you are spending). Be honest. The point of this exercise is to determine how much you are checking out vs feeding your soul and it can help you determine where you need to create more balance.

## results:

Checking out: 154.5 hours  
Soul food: 35 hours  
20% of my time is spent checking out (with nearly half of that falling into an unhealthy area)  
4% of my time is spent feeding my soul  
Sobering as 27% of my time each month is dedicated to my job.



## Now what are your results?

Either use your original graph to post your results or use the clean version (provided in the next slide) to post your new list with new goals to start creating more balance in the activities (and the time you spend with them) you want to make a part of your self-care practice.

Remember, this tool is truly to help you become aware of how you are spending your time and how it may or may not be serving you well. Knowledge is power so now you can start planning for a more balanced future.

For more tools and resources please visit [www.alisonenglish.com](http://www.alisonenglish.com).

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## list all activities

This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.