



self-care *vs* feeding your soul assessment

key things to remember

- One is not better than the other. Both can be good for you.
- Note how each is defined before you get started.
- Review the two-by-two grid on page 12 and familiarize yourself with it before you start. Note how the activities you list make you feel and plot them accordingly, i.e. they allow me to check out, but I feel bad, numb or nothing or they 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, watching tv, napping or doing something that doesn't require interaction or using one's brain.

Feeding Your Soul

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

reference chapter 4, page 31

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List all activities that you enjoy doing either to check out or to feed your soul using the definitions I have provided.

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How to read the grid:

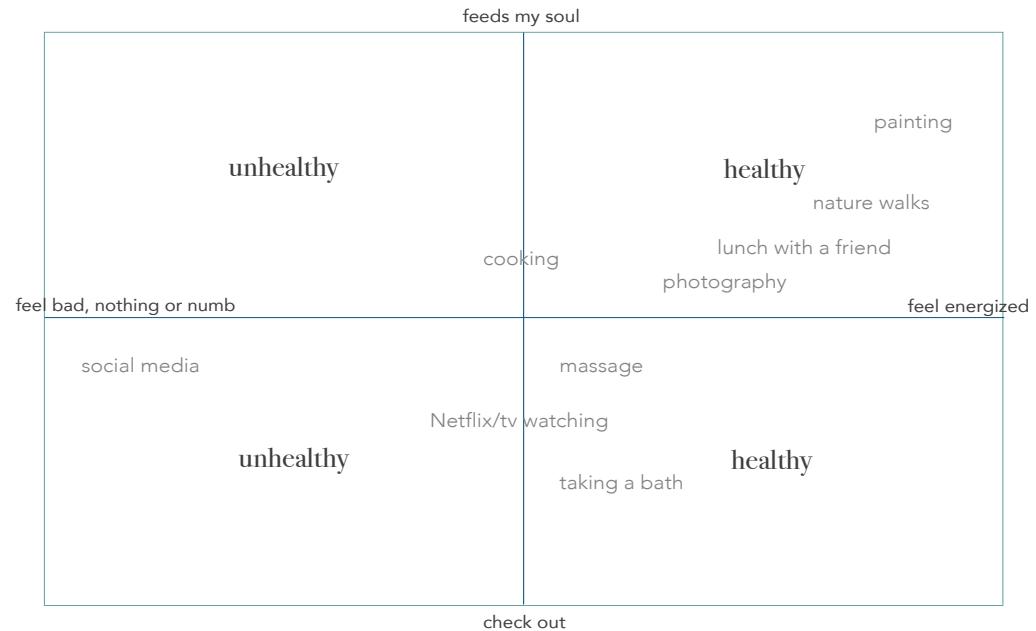
On the next page is a plotting tool. The center represents a neutral zone. At the top of the axis is feeding your soul. At the bottom is checking out. The horizontal line represents how those activities make you feel. They either make you feel bad, numb, or nothing; or they make you feel energized. It is healthiest for you to land above or near the horizontal axis in the healthy quadrants, but you can see for me that things like social media land me in an unhealthy area (see my grid example).

Before you begin plotting, take some time to review my personal examples. It is okay if you aren't sure which activities are which. Just list things you do for yourself and then start plotting them. I have provided you a blank grid on page 12. A digital version is also available on my website at www.alisonenglish.com.



My list of go-to activities:

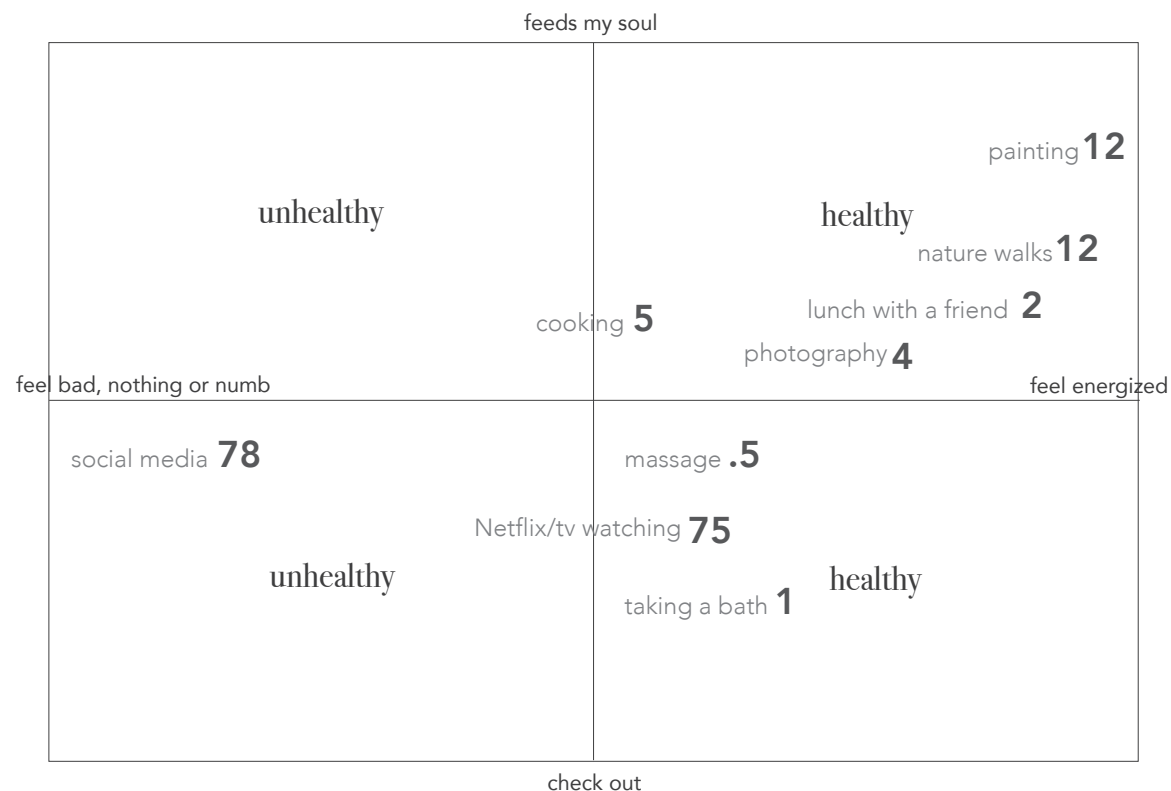
Painting, nature walks, social media, massage, bath, Netflix/television, lunch with a friend, photography, cooking



The next step is to go through and put a loose number by each activity. This number represents the number of hours you participate in these activities in a month. See my numbers on the next page in the example I provide (hint: most phones will give you a number on the breakdown of your time on social channels. On an iPhone go to settings/screen time/see all activity. If you click on each app it will give you a daily average breakdown. Take this number and multiply it by number of days in a month to get that app's total. Then add all app totals together to get your final number for social media). 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.



My results

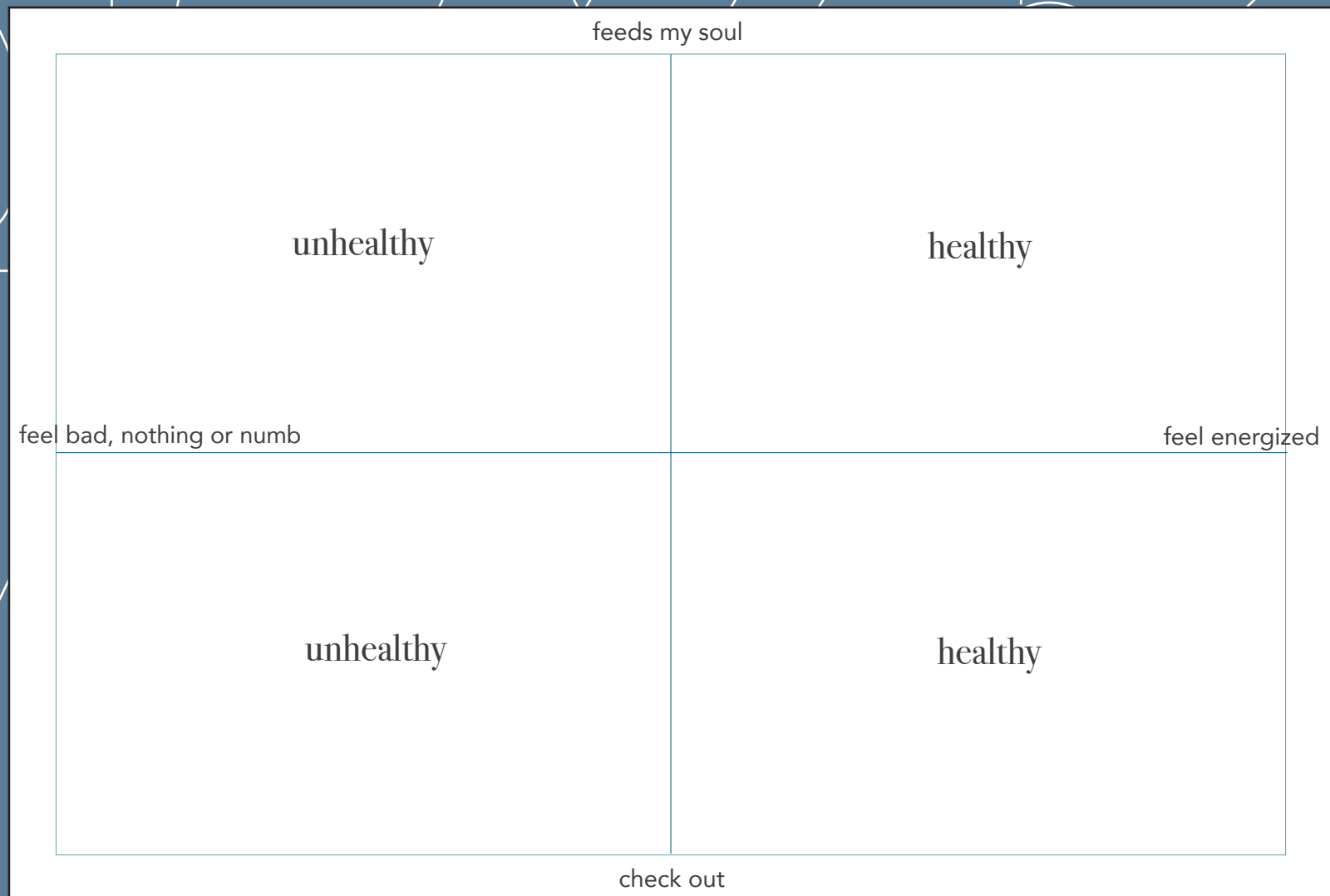


Checking out: 154.5 hours

Feeding my soul: 35 hours

I have quite a gap between these two numbers for the month. For me, this means I need to cut back some on checking out and increase soul care. Defining what this should be is really up to you. I'm not going for an even split, but I'd like to shave off about 30 hours from checking out and add maybe that much into feeding my soul.

for your use



You can also find a downloadable version on my website at www.alisonenglish.com