



AUTHENTIC COACHING

SELF-CARE ASSESSMENT & WELLBEING WORKBOOK

www.authenticcoachingwithjess.com



AUTHENTIC COACHING



About Jess *Divorce & Life Coach*

We can get stuck swimming against a current that never seems to slow or shift; and we often do it with a forced smile on our face, never once asking for someone to throw us a lifeline as we fight to keep our heads above water. Our health wellness and mindset take a back seat to the overwhelm. I'm here to tell you that asking for help isn't a sign of weakness. In fact, it is quite the opposite. Divorce is difficult and not to be taken lightly. During my divorce I craved support and had little luck finding anyone that could completely understand where I was at. I am not here to make a decision for you, but I am here to be your ally through one of your most difficult times so that you can feel more empowered on the other side. I can help guide you through the process and help you find your confidence to move forward with grace. Based in Charleston, SC and serving women across the country, I am here to coach you into becoming your most healthy, mindful, confident self. I can help you through a major transition and provide you with guidance to come out better than before. Are you ready to change your story? Me too.

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TIME TO DO THE WORK

What is your self-
care awareness
level?



Getting Started

This is a quick coaching exercise to help you connect with yourself and find out what you may be needing in order to live your most authentic life. You are worthy of the joy and happiness you desire.

- Simply look at the list below and FIRST score each item 1 out of 10, 1 being the lowest and not feeling great and 10 being the best you can be feeling, completely satisfied with where you are at.
- Then answer "What do I need to do to make it a 10?"
- Finally answer the quick questions underneath - including ONE action for yourself! Start immediately. There is no time like NOW to take action.

It's important that the score is your FIRST response ie. your initial or gut reaction and how you are actually feeling, NOT "shoulds".

BE HONEST, it is the only way to start change.

“
**REJECTION IS
PERSONAL
PROTECTION**

Checklist

Where do I need to
take care of MYSELF
more?

You know the
truth by the way it
feels.

On a scale of 1-10 how do I feel about....

My Energy Levels _____/ 10
My Career _____/ 10
Fun & Play _____/ 10
My Spirituality _____/ 10
My Relationship with Spouse or Partner _____/ 10

What do I need to be at a 10?

On a scale of 1-10 how do I feel about....

Feeling Heard or Seen _____/ 10
Feeling Accepted & Understood _____/ 10
My Friendships _____/ 10
My relationship with My Body _____/ 10
Feeling Loved & Appreciated _____/ 10

What do I need to be at a 10?

On a scale of 1-10 how do I feel about....

My Home Environment _____/ 10
Physical Health _____/ 10
My Feelings & Emotional Health _____/ 10
Organization & Simplicity _____/ 10
Being Challenged & Stretched _____/ 10

What do I need to be at a 10?

On a scale of 1-10 how do I feel about....

Learning & Personal Growth _____/ 10
Money / Finances _____/ 10
Connection to Myself _____/ 10
Relaxation & Pampering _____/ 10
My Relationship with My Family _____/ 10

What do I need to be at a 10?



Reflecting

What areas do I need the most change and support in?

What can I give myself with what I have available to improve these areas?

What limiting beliefs do I have around making these changes?

inally, write ONE action you will take THIS week to take more care of yourself. Feel free to add more than one but DON'T overwhelm yourself. Small steps make real change.

[illegible]

A woman with dark skin and curly hair tied back is shown from the chest up. She is wearing a black sports bra and has her hands clasped together in a prayer position (Anjali Mudra) with her fingers pointing upwards. Her eyes are closed, and she has a serene expression. The background consists of a light beige wall with a series of dark grey horizontal arrows pointing to the right, creating a sense of movement or progression.

How good do you treat yourself?

Know that there are no right or wrong answers, just answer however seems appropriate for you right now and see what you learn about yourself. This is for you, so be honest!

I am up-to-date with my optician, dentist and other health check-ups

☐

Yes

☐

Sometimes

☐

No

I am happy with my physical fitness and energy levels

☐

Yes

☐

Sometimes

☐

No

I eat well nutritionally most of the time and do not abuse my body with caffeine, alcohol or drugs

☐

Yes

☐

Sometimes

☐

No

I have plenty of sleep so I always feel well rested

☐

Yes

☐

Sometimes

☐

No

I take regular breaks from my work during the day, at weekends and use my holidays for enjoyment & relaxation

☐

Yes

☐

Sometimes

☐

No



I am happy with my appearance and feel confident

☐

Yes

☐

Sometimes

☐

No

I am happy with my physical fitness and energy levels

☐

Yes

☐

Sometimes

☐

No

I meditate, journal, quietly relax or have alone-time with myself regularly
(where I am not doing anything eg. chores or doing things for others)

☐

Yes

☐

Sometimes

☐

No

I prioritize how I spend my time and important things always get done in
plenty of time

☐

Yes

☐

Sometimes

☐

No

I say "No" to myself and others when I need to

☐

Yes

☐

Sometimes

☐

No



I love my home and feel comfortable and motivated in my space

☐

Yes

☐

Sometimes

☐

No

I have forgiven who I need to in order to feel peace

☐

Yes

☐

Sometimes

☐

No

I have let go of behaviors that do not serve me

☐

Yes

☐

Sometimes

☐

No

I recognize my stress signals and know when to take a break

☐

Yes

☐

Sometimes

☐

No

I have enough people in my life who love and support me and I do the same for others

☐

Yes

☐

Sometimes

☐

No



Apart from exceptional situations, I only spend time with people who support, energize and inspire me

☐

Yes

☐

Sometimes

☐

No

I listen to and trust my intuition when it comes to looking after me

☐

Yes

☐

Sometimes

☐

No

I have a mentor or coach that supports, encourages and holds me accountable in life

☐

Yes

☐

Sometimes

☐

No

I have no regrets and have forgiven myself my past mistake

☐

Yes

☐

Sometimes

☐

No

I have appropriate and calm reactions, even when I am upset

☐

Yes

☐

Sometimes

☐

No



I have things to look forward to in my life

- ☐ Yes
- ☐ Sometimes
- ☐ No

Scoring

Scoring: Score 2 points for each Yes, 1 point for each Sometimes, and 0 points for No's.

Total Number of :

Yes's

Sometimes

No's

The maximum possible total is 42.

Write your total score here.



Great job! Being honest with yourself is the number one gift you can give yourself. Now lets get started on the things in your life you want to work on.



Take Action

B

ased on where you fall in the numbers 42, being the highest answer the following questions in your journal. Use the next couple of pages to record your answers.

- What do I want to change in my life right now?
- What am I consciously doing to bring this into my life?
- How do I feel about where I am at and the thoughts that surround this?
- How would I feel if I did not think those thoughts?
- What support do I need?

**DON'T FOLLOW THE
CROWD
LET THE CROWD
FOLLOW YOU**

-MARGARET THATCHER



Action Steps

A woman in a teal tank top and black leggings is climbing a rock face. She is wearing a yellow safety harness and climbing shoes. The background shows a mountain peak and a valley.

1

What do I want to change in my life right now?

2

What am I consciously doing to bring this into my life?

3

How do I feel about where I am at and the thoughts that surround this?

Action Steps

4

How would I feel if I did not think those thoughts?

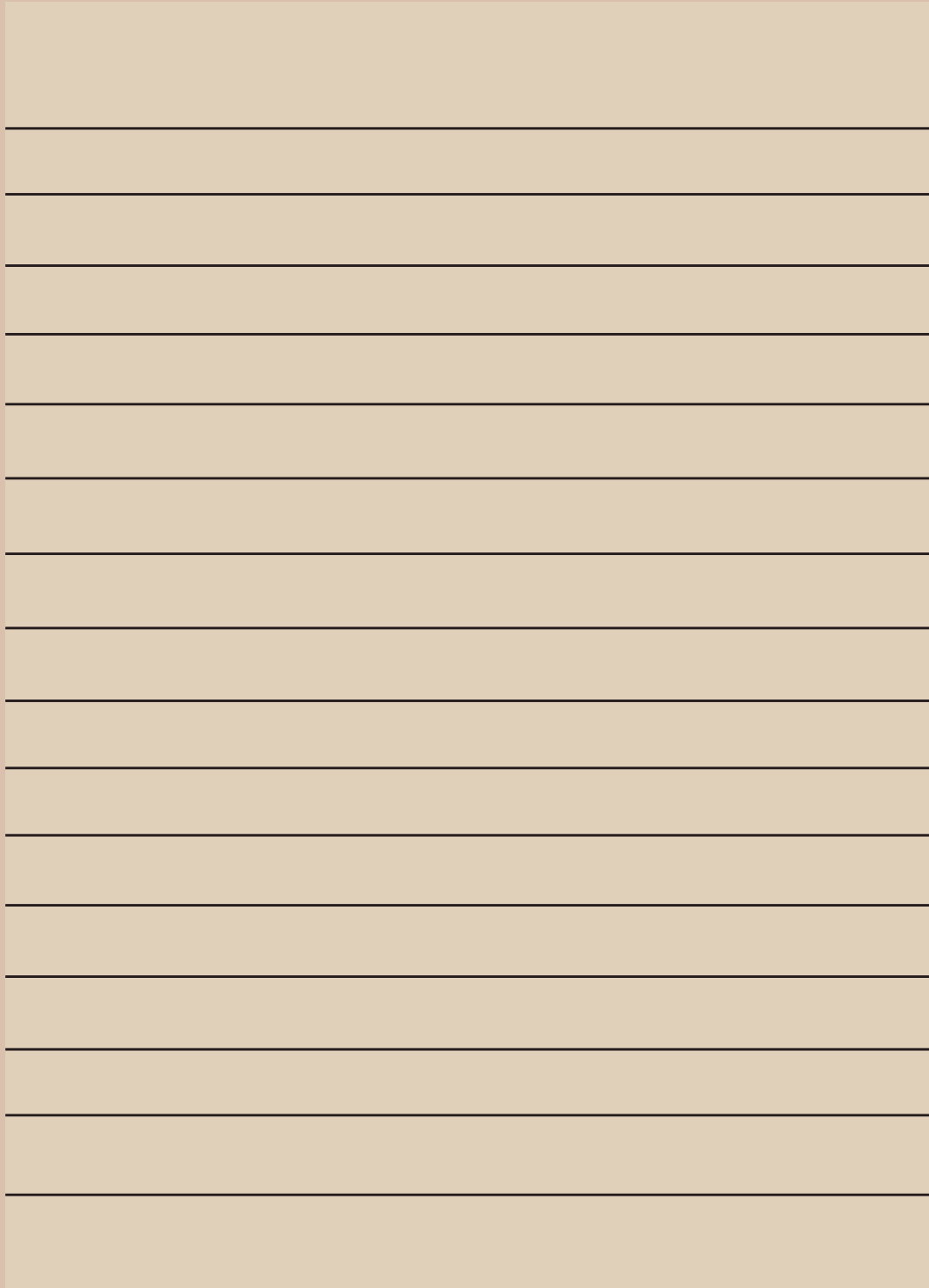
What support do I need?

5

Additional Notes....

Bonus: Gratitude Practice

What are you grateful for today?

A large rectangular area with horizontal lines for writing. The area is light beige and is framed by a thin orange border. It contains 18 horizontal lines for writing.

*Congratulations on being honest with yourself.
Have compassion for where you are at and know
looking within is step one to getting where you
desire to be.*



How can I support you?

- 1:1 Coaching Virtual or in person if you are local click [HERE](#).
- Email me with any questions you may have [HERE](#).
- Visit my website (@ [authenticcoachingwithjess](#)).

SCHEDULE A DISCOVERY CALL



**AUTHENTIC
COACHING**

Let's connect!

Follow me on social for everything I am doing.



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