

Self: Your Most Important VIP

You are your most important VIP, a truth that is often overlooked. Taking care of yourself is not selfish; it's an act of self-compassion, self-protection, and self-preservation that benefits both you and those around you. As the captain of your ship, you are essential in keeping yourself on course. Prioritizing self-care intentionally supports your mental, physical, and emotional well-being. This can include exercise, meditation, spending time with loved ones, or engaging in hobbies that bring you joy. By valuing yourself and your needs, you build a strong foundation for managing challenges like depression and anxiety. Reflect on how you nurture your health and how understanding yourself better can bring you closer to others.

VIP MAPPING: Yourself as a VIP

Imagine engaging in a conversation with yourself. Complete the following worksheet to better appreciate who you are and how to nurture your well-being and advocate for your needs in a self-respectful and self-protective way in various aspects of your life.

1. What do I most appreciate about myself? What else?
2. What am I most proud of accomplishing in my efforts to care for my own needs?
What else?
3. What have I done this past year, month, week, and today that maintained or improved my well-being physically, mentally, and emotionally? What else have I done?
4. What do I know have been the most helpful ways I have taken care of myself? What else do I know?

5. Who would notice that I am taking care of myself? Who else would notice?
6. What would they appreciate about me taking care of myself? What else?
7. Is it different how well I cared for myself, or is this something I have always been able to do?
8. Was it helpful for me when I took care of myself?
9. How was it helpful for me? How else was it helpful for me?
10. How did I decide to take action to care for myself? How else did I choose to take care of my own needs?
11. **SCALING.** On a scale from 1-10, where 10 is you are very satisfied with your self-care, and one is the opposite, where are you now?
 1. What is a “good enough number”?
 2. Who would notice?
 - What number would they give you?
 - What is the reason for the similarity or difference in your number?
 3. When was it highest?
 - Where were you?
 - How did you decide to take care of yourself at that time?
 2. What keeps the number from being lower? What else?
 3. If your number is good enough, what do you want to keep doing? What else?
 4. If your number is not good enough, what is one small thing you can do to increase your number? How confident are you from 1-10 that you will do your best to increase your number?