



Self-Care Personal Inventory Exercise

This is a take-home exercise for you to work on in your own time. You may want to do this exercise over a period of time, adding information and thoughts as they come to you. The intention of the exercise is to help you to think about the balances of stress and nurturing in your life, of drainers and fillers. Once you have the information, you can begin to see what is helpful, what is not, and where some changes or decisions may make a difference to your energy. You may want to keep this information private or you may want to share your experiences and insights with a close friend. If you have concerns, discuss them with a trusted knowledgeable person.

Personal Drainers

These are the draining aspects of your life: those places/activities/people/conditions that diminish your energy. Take a moment to visualize how you usually spend your day or remember particular situations. List your personal drainers below.

Persons/Activities/ Conditions/Places that...	Where You Live	Where You Work	Where You Play
Annoy You			
Anger You			
Distract You			
Depress You			
Worry You			
Wear You Out			
Bore You			

Questions to consider:

Which “drainers” are things outside of your control?

What are the things you may be able to do something about? Who could help?



Personal Fillers

These are the energizing aspects of your life, those people/places/activities/conditions that renew your energy and well-being. Take a moment to visualize how you usually spend you day or to remember particular situations. List your personal fillers below.

Persons/Activities/ Conditions/Places that...	Where You Live	Where You Work	Where You Play
Calm You			
Free You			
Bring You Joy Give You Meaning			
Support/Encourage Stroke/Nurture You			
Stimulate/Excite Challenge You			
Trigger Your Laughter			
Energize You			

Questions to Consider:

When did you last participate in each “filler” activity?

What can you do today? This week?