

Unhealthy striving habits

	Date (now)	Date (future)
Thoughts you may think		
My job is constantly demanding with deadlines which mean I can't put myself first		
It's easier to just do it myself		
My needs are less important than others		
If I can just get through this period, then it will be ok		
I need to prove myself		
If I achieve this, then I will feel better		
Others need help more than me		
Feelings you might experience		
Overwhelm		
Tired, exhausted		
Just a bit 'meh'		
Guilt about putting yourself first		
Resentful of others that do put themselves first		
Envy		

	Date (now)	Date (future)
Apathy		
Rebellious if you want to do things differently to others		
Behaviours you may do		
Put everyone else first even including the pet		
Avoid expressing your opinion		
Say yes when you mean no		
Not tell people when they cross a line with you		
Take everything personally		
Self-criticise		
Ticks sub-total		

Healthy striving habits

	Date (now)	Date (future)
Thoughts you may think		
I choose where and when I expend my energy and time		
Together is better – it is a strength to collaborate and ask for help		
I know myself and my capacity		
I am worthy of a happy, healthy life		
To bring the best of myself to every situation I need to prioritise myself		
I have innate gifts and strengths		
I set my own limits – I am constantly learning and growing		
Feelings you might experience		
Calm		
Presence		
Joy/excitement		
Fulfilment		
Acceptance		
Peace		

	Date (now)	Date (future)
Alignment		
Ease		
Challenge		
Behaviours you may do		
Prioritise your unique self-care practices to support being at your best		
Say how you feel and what you need		
Say no without justifying or negative 'what if' -ing		
Tell people when they cross a line with you		
Hold yourself and others accountable		
Self-affirm – validate your own value		
Ticks sub-total		

Reflection

Do the unhealthy striving ticks outnumber the healthy ones? If so, this really does need to be an area to focus on. Diarise a date, say one year from now, to revisit this exercise, redo it using the second column, and see how the tick numbers compare. Looking through the checklist, also ask yourself:

