

Reflection Sheet

In my *everyday life*, I do this:

	Never	Rarely	Quite often	Regu
Orientat				
Enhancing self-esteem & recognition	X			
Pleasure & avoidance of pain	X			

This exercise is part of the *"Focus on your Self-Care"* series, helping you understand what you can do for your self-care in your everyday life

Step 1:

Think about what you *enjoy* doing and what makes you feel good *in your everyday life*.

Write a brief sentence for each action you think of, like the examples given to the right.

At the back, you can find an overview of the four basic psychological needs.

What I *enjoy* and what makes me *feel good*:

Having all my questions answered by the doctor

Taking time to relax

Cooking something nice

Taking a nap

	Attachment & belonging	Orientation & control	Enhancing self-esteem & recognition	Pleasure & avoidance of pain	Never	Rarely	Quite often	Regularly
					★	★	★	★
					★	★	★	★
					★	★	★	★
					★	★	★	★
					★	★	★	★
					★	★	★	★

In the next *three weeks* I intend to:

Step 2:

Sort which *psychological needs* are *met* by *which action*.

Look at each of your actions and mark with an 'X' which psychological need is met. There is no "right" or "wrong" answer here, you can sort your actions however you think is correct for you.

Now take a minute to review which boxes you have crossed. Through doing this you're getting to know yourself better - becoming more aware of your needs and of what specifically makes you feel good. This is a significant step for continuing to focus on your self-care, and by using the following steps in this guide you can start to reflect more deeply and focus on specific actions that can benefit you.

Important:

One action may meet multiple psychological needs!

What I *enjoy* and what makes me *feel good*:

	Attachment & belonging	Orientation & control	Enhancing self-esteem & recognition	Pleasure & avoidance of pain	In my <i>everyday life</i> , I do this:			
					Never	Rarely	Quite often	Regularly
<i>Having all my questions answered by the doctor</i>	X	X		X	☆	☆	☆	☆
<i>Taking time to relax</i>		X		X	☆	☆	☆	☆
<i>Cooking something nice</i>		X	X		☆	☆	☆	☆
<i>Taking a nap</i>	X			X	☆	☆	☆	☆
					☆	☆	☆	☆
					☆	☆	☆	☆

In the next *three weeks* I intend to:

Step 3:

Reflect on how *often* you do these things in *everyday life*.

You have identified what makes you feel good and explored which psychological needs are met by doing these actions. Now think about *how often* you do these things in everyday life. Be honest with yourself and rank each action from *"Never"* to *"Regularly"*. Once you have done this, join up the stars you have colored in. This will give you an overview of how often you are doing what makes you feel good.

What I *enjoy* and what makes me *feel good*:

	Attachment & belonging	Orientation & control	Enhancing self-esteem & recognition	Pleasure & avoidance of pain	In my <i>everyday life</i> , I do this:			
					Never	Rarely	Quite often	Regularly
<i>Having all my questions answered by the doctor</i>	X	X		X	☆	★	☆	☆
<i>Taking time to relax</i>		X		X	★	☆	☆	☆
<i>Cooking something nice</i>		X	X		☆	★	☆	☆
<i>Taking a nap</i>	X			X	☆	☆	☆	★
					☆	☆	☆	☆
					☆	☆	☆	☆

In the next *three weeks* I intend to:

Step 4:

Write down what you *intend to do* for the next *three weeks*.

Highlight an action that you would like to do more often in the next three weeks. Write out your intention for how to achieve this, by setting a small and realistic goal. For example, if you would like to go for walks more often, then try to be as specific as possible about how often you want to do this in the next three weeks. Maybe once a week? It can be better to set small goals which help to keep you motivated to reach your goal.

Tip:

If this involves other people, you should communicate clearly with them and send them a message/give them a call to explain your action.

After three weeks, reflect on your progress and if you have accomplished your goal. This exercise should ideally be repeated once a month, and you should begin to develop a better sense of yourself and your needs, and how they can help you feel better mentally.

What I *enjoy* and what makes me *feel good*:

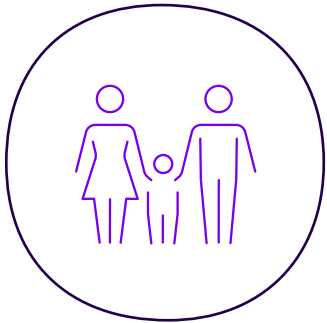
	Attachment & belonging	Orientation & control	Enhancing self-esteem & recognition	Pleasure & avoidance of pain	In my <i>everyday life</i> , I do this:			
					Never	Rarely	Quite often	Regularly
<i>Having all my questions answered by the doctor</i>	X	X		X	☆	★	☆	☆
<i>Taking time to relax</i>		X		X	★	☆	☆	☆
<i>Cooking something nice</i>		X	X		☆	★	☆	☆
<i>Taking a nap</i>	X			X	☆	☆	☆	★
					☆	☆	☆	☆
					☆	☆	☆	☆

In the next *three weeks* I intend to:

I intend to take one break every day in the afternoon.

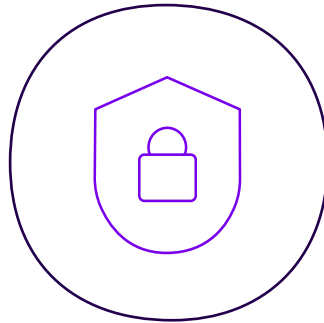


What are the *four* basic psychological needs?



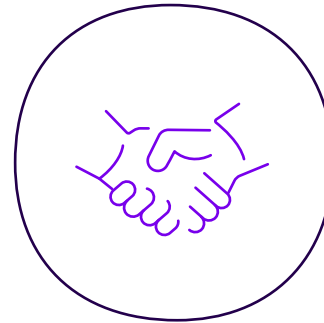
Attachment and *belonging*

Attachments form on many levels: for example, family, friends, colleagues, pets, partners, and many more. This need may already be met by doing little things in your everyday life, such as meeting a friend for coffee.



Orientation and *control*

Wanting to have an idea of what will happen in the future is an extremely human trait. Orientation provides security, or at least a feeling of it. We can do our own bit here by taking action and being proactive.



Enhancing *self-esteem* and *recognition*

Finding recognition and wanting to feel valued are basic human needs. Praise and success make us feel good and are powerful motivators for further development.



Pleasure and avoidance of *pain*

We increasingly look for what brings us pleasure and avoid what causes us pain. Exactly what we perceive as pleasant or unpleasant is of course largely dependent on individual experiences and a person's current situation.

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					★	★	★	★
					★	★	★	★
					★	★	★	★
					★	★	★	★

In the next *three weeks* I intend to:
