

Self Care Assessment

How to read your score

Physical
Spiritual
Emotional
Mental

Physical	I eat regularly (breakfast, lunch, and dinner)
Spiritual	I am open to inspiration
Emotional	I spend time with other people that I enjoy being around.
Mental	I take time for self-reflection

Physical	I eat healthy
Spiritual	I spend time in nature
Emotional	I stay in contact with important people in my lif
Mental	I write in a journal

Physical	I exercise
Spiritual	I have spiritual connections or a spiritual community
Emotional	I use affirmations to stay positive
Mental	I read literature for pleasure.

Physical	I get regular medical check-ups for prevention?
Spiritual	I am optimistic and hopeful
Emotional	I recognize my gifts
Mental	I participate in activities that I ma not in charge of.

Physical	I get medical care when I am sick.
Spiritual	I am aware of the fact that material items aren't everything
Emotional	I love myself
Mental	I know what I can do to decrease stress in my life.

Physical	I take time off when I need to.
Spiritual	I read inspirational literature (talks, magazines, scriptures)
Emotional	I take time to read my favorite books or watch my favorite movie.
Mental	I let others know the real me.

	I get physical activity that I enjoy (dance, swim, run, bike, walk, play sports)
	I am open to others when I don't know something
	I allow myself to cr
	I listen to and value my own thoughts, beliefs, attitudes, and ideas

	I get enough sleep
	I pray/ meditate
	I find things that make me happy.
	I seek out things that stretch my thinking (museums, exhibits, auctions)

	I take vacations
	I make time for spiritual experiences.
	I know what activities comfort me.
	I can accept compliments from others.

	I take time away from my phone and social media
	I contribute to things I believe in
	When I feel numb, I take the time to figure out what is going on for me.
	I know how to say "No"

Physical	
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Which areas of self-care are your strengths? Which areas are your weaknesses?

What area are you going to try to work on?

