

Self-Assessment

Read the following statements and score them on a scale of 1-5 depending on how often you practice the self-care.

- 5 = Always
- 4 = Frequently
- 3 = Sometimes
- 2 = Rarely
- 1 = Almost never

Physical Self-Care

- _____ Get 7+ hours of sleep per night
- _____ Eat 3 meals a day
- _____ Make healthy food choices
- _____ Exercise 3 times or more per week
- _____ Get body work done (massage, Reiki, physio, acupuncture, etc)
- _____ Have sex with a partner or yourself
- _____ Get regular medical/dental checkups
- _____ Take regular vacations

_____ /40



Emotional Self-Care

- _____ Spend regular time with friends
- _____ Make time for the important people in your life
- _____ Practice positive self-talk
- _____ Ask for help
- _____ Accept help
- _____ Say “no” to things you don’t want or need to do
- _____ Have clear boundaries for yourself
- _____ Learn something new
- _____ Have *me* time
- _____ Have deep conversations with people you trust
- _____ Allow yourself to feel and express your emotions
- _____ Play with your kids
- _____ Laugh
- _____ Spend time doing something you love at least once per week
- _____ Turn off electronics everyday

_____ /75



Spiritual Self-Care

- _____ Meditate, visualize or spend time being quiet
- _____ Take time for self-reflection
- _____ Spend time in nature
- _____ Connect with like minded people
- _____ Do things that help you feel purposeful and passionate
- _____ Have a daily practice for spiritual care
- _____ Read inspirational books, quotes, etc.

_____ /35



Work/Life Balance

- _____ Take a regular lunch break every day
- _____ Take time to talk and connect with co-workers
- _____ Enjoy your work
- _____ Get excited about your work
- _____ Set limits with clients and co-workers
- _____ Ask for help when needed
- _____ Feel balanced and fulfilled

_____ /35

_____ /185

How well do you take care of yourself? If you need some ideas for self-care check out the ideas at:

<https://www.facebook.com/groups/142184236195893/>



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