

Self-Care Assessment

Self-care has lots of levels and every area of our lives has a component. From pampering to deeper personal levels of care that have so many benefits mentally, physically and spiritually. Assess your current practices using the scale below and look for opportunities to uplevel your self-care game!

- 3 = Always
- 2 = Sometimes
- 1 = Never
- 0 = NA

Celebrate the 3s! Highlight the 1s and 2s in each section. Are there particular areas that have lower rankings than others? Are there areas that have higher rankings? Are you drawn to more types of activities than others? Look for ways to expand your self-care and wellness routine, and have fun!

Mind

- ___ Use affirmations.
- ___ Read inspiring or new material.
- ___ Write in a journal.
- ___ Acknowledge your thoughts and feelings.
- ___ Explore new thoughts or ideas.
- ___ Take voluntary vacation time.
- ___ Travel.
- ___ Listen to music.
- ___ Feel good about yourself.
- ___ Other: _____

Body

- ___ Exercise.
- ___ Eat at least 3 well-proportioned meals per day.
- ___ Get at least 6 hours of sleep.
- ___ Drink at least 3 glasses of water per day (8 ounces or more).
- ___ Take multi-vitamins or other supplements.
- ___ Take medication as prescribed.
- ___ Get preventive medical care.
- ___ Seek emergency medical care as needed.

Self-Care Assessment

- ___ Get massages.
- ___ Enjoy physical intimacy (self or partner).
- ___ Other: _____

Spirit

- ___ Pray.
- ___ Meditate.
- ___ Practice mindfulness.
- ___ Yoga.
- ___ Practice focused breathing.
- ___ Practice self-reflection.
- ___ Express daily gratitudes.
- ___ Light candles, incense or use aromatherapy.
- ___ Contribute to causes you're passionate about.
- ___ Experience "aha moments."
- ___ Connect with a higher power.
- ___ Affiliated with a place of worship.
- ___ Identified your core values.
- ___ Other: _____

Social

- ___ Spend time with family and friends.
- ___ Engage on social media.
- ___ Connect with community groups or associations.
- ___ Add new insight and/or disengage from negative conversations.
- ___ Other: _____

Self-Care
Assessment

Now that your assessment is complete:

What did you discover?

What new practices can you incorporate into your routine?