

ASSESSING YOURSELF

Instructions:

Self-care covers different aspects of your well-being. Rate yourself from 1 (poor) to 5 (excellent) in each area below. Be honest—this is for your personal awareness and growth!

Physical Self Care

Got Enough Sleep _____

Balanced Diet _____

Get Regular Exercise _____

I prioritize rest and recovery when needed. _____

I stay hydrated throughout the day. _____

Your Score: _____

Each line is worth 5 points each If your total is 15 or below this is an area of concern.

Mental Self Care

Take time to relax _____

Joy and Fulfillment in activities _____

Support System _____

Practice Mindfulness _____

Stay present in the moment _____

Your Score: _____

Each line is worth 5 points each. If your total is 15 or below this is an area of concern.

Social Self Care

Strong and Supportive Relationship with friends and family _____

Make time for social activity _____

Set Boundaries _____

Say no when necessary _____

I communicate my needs and feelings effectively. _____

Your Score: _____

Each line is worth 5 points each If your total is 15 or below this is an area of concern.

Fulfillment & Purpose

Have a sense of purpose and meaning in your life _____

Practice self-reflection and mindfulness _____

Have a sense of connection to something larger than yourself _____

Your Score: _____

Each line is worth 5 points each. If your total is 5 this is an area of concern.