Self-Care Self-Assessment

*Read through the following items. Mark them on a scale from 1–5 with 1 being never and 5 being always.*

 I sleep 7–8 hours a night.

 I eat breakfast, lunch, and dinner.

 My food choices are healthy.

 I spend time alone meditating, praying, practicing mindfulness, or just being quiet.

 I take time to socialize with friends or family.

 I have hobbies, sports, or artistic endeavors I engage in regularly.

 I spend time or money on grooming care such as haircuts, manicures, bubble baths.

 I take time to regularly work out, take walks, play sports, or engage in another physical activity.

 I read for pleasure.

 I engage in professional development of my choosing that energizes me.

 I enjoy entertainment such as watching movies, television, going to the theatre, attending concerts, or playing video games.

 I make and keep regular appointments with my general practitioner, dentist, eye doctor, and any health specialists.

 I actively work to maintain and support my mental health through such things as attending therapy, belonging to support groups, or participating in drug, alcohol, or other addiction support services.

*Once you have finished the survey, look for all the areas where you scored a 1 or 2. These are area you likely need to prioritize when making time for self-care.*