



ULC: 005 - Self Care Questionnaire

Name:

Date:

Place of Work:

On average how often within the last month have you achieved the following activities:

	Not at all	One week of the month	Two weeks of the month	Three weeks of the month	Four weeks of the month
1 - I engage in at least two hobbies and interests per week.	0	1	2	3	4
2 - My mindset is positive most of the week.	0	1	2	3	4
3 - I engage in guided relaxation and/or meditation at least 3 times per week.	0	1	2	3	4
4 - I eat a healthy balanced nutrition rich diet.	0	1	2	3	4
5 - I exercise at least 3 times per week.	0	1	2	3	4
6- I consistently sleep between 7 and 10 hours per night.	0	1	2	3	4
7 - I am able to stay within the recommended weekly alcohol units.	0	1	2	3	4
8 - I say no to illegal drugs and substances.	0	1	2	3	4
9- I connect with a spiritual element, religion or relationship with a higher power.	0	1	2	3	4
10 - I read at least one book or connect with a personal development podcast that inspires and motivates me.	0	1	2	3	4
11 - I am connected with friends and family members in a positive way.	0	1	2	3	4
12 - I am able to make and maintain positive friendships.	0	1	2	3	4
13 - I have a small group of people that I am accountable to who help to keep me on track to achieving my goals.	0	1	2	3	4
14 - I am secure receiving positive or negative feedback.	0	1	2	3	4
15 - If necessary I release anger or resentment, and practice forgiveness regularly.	0	1	2	3	4
16 - I am in control of my social media and put boundaries in place if it gets too much. I am able to resist the comparison trap regularly.	0	1	2	3	4
17 - I have a good work/life balance.	0	1	2	3	4
18 - I keep on top of home administration including paying bills, sorting through paperwork, outstanding DIY inc gardening etc.	0	1	2	3	4
19 - I Live in a clutter free environment, keeping my home clean and tidy, and regularly get rid of unnecessary items.	0	1	2	3	4
20 - I give generously to others or charitable causes. For example out of my monthly wage I give a regular amount to something I am passionate about.	0	1	2	3	4

- 0-30: Indicates that you are practicing some self care on a weekly basis. What ways could you improve on this over the next month?
- 30-65: Indicates that you are on the right track to looking after yourself, you are focused and passionate about living with purpose. What ways would you like to improve your scores further over the next month?
- 65-80 - Indicates that you are excellent at practising self care. . Is there anything you would like to add into your week to enhance your life further?