

# Self-Care Quiz



Cathy Laffan Coaching, LLC

Partnering to enrich lives

# Your Self-Care Quiz 1/4



1. Do you have a morning routine that is nourishing and allows you to start your day with some time for you?
2. Do you set a daily intention every morning?
3. Do you have time alone every day?
4. Do you eat healthy (whole and non-processed foods primarily) and exercise most days of the week?
5. Do you have hobbies that you are passionate about?
6. Do you take days off work when you need a break?
7. Do you take breaks at work to be mindful of how you are feeling and check in with your daily intention?
8. Do you have people who you can talk to that really “hear” you?
9. Do you eat regularly?
10. Do you stop and go to the bathroom right when you need to?

# Your Self-Care Quiz 2/4



11. Do you say “no “when you don’t want to do something?
12. Do you have a “slow down” routine that you use to ease from your work-day to your home life and a place in your home that is your sacred space? A room, a corner, a deck?
13. Do you have time in the evening to read, watch TV, play with your kids or something else you enjoy doing?
14. Do you spend time with friends who really get you and have the same passions and values as you?
15. Do you have a nighttime ritual to let your body know it is time to settle down and get ready for sleep? Does this routine include turning off all electronics at least an hour before bed, turning down lights and stimulating music/noise?

# Your Self-Care Quiz 3/4



- 16. Do you sleep 7-8 hours a night?
- 17. Do you have a regular bedtime and wake-up time?
- 18. Do you ask for help when you need it?
- 19. Do you have any spiritual practice that nourish you (church, meditation or something else)?
- 20. Do you take care of your pampering needs? Haircuts, et nails, massage?

# Your Self-Care Quiz 4/4



## Total all the YES's

**1-5: You need REAL self-care!** You put others' needs above your own, you do not take the time to do things for yourself, and you teach others that they don't have to respect you because you don't respect yourself.

**6-10: You are doing the bare minimum for self-care and are at significant risk for over.exerting** yourself and slipping into the no self-care realm. You are not honoring your higher self and therefore not fully enjoying your life.

**11-15: You are providing yourself with some self-care and that is fantastic.** Congratulations! But there are still some areas that could use work. Look at the no's and see where you can use help.

**16-20: YES!** You prioritize self-care. However, unless you scored 20 there is room for improvement and things you could do to take better care of yourself. You already know it is important and make time to put YOU first and you have to make sure you keep that up.