



Self-Care

— QUIZ —



Unlock Your Self-Care Potential

Discover how much self-care you're giving yourself (and whether you could use a little self-love boost).

Instructions:

Answer each question honestly—there are no wrong answers! Circle the choice that feels most true for you.

A = 1 point

B = 2 points

C = 3 points

At the end, total your score and uncover your current level of self-care.



Questions

Score

How often do you prioritize sleep (7–8 hours) most nights?

- A. Rarely, I just crash when I can. (1)
- B. Somewhat regularly, but life often gets in the way. (2)
- C. Consistently—I guard my rest like treasure. (3)

Score

When you feel exhausted or unwell, how do you usually cope?

- A. I push through until I burn out. (1)
- B. Sometimes I take time to heal or rest. (2)
- C. I pause and take time out and allow myself to do less. (3)

Score

What does physical activity (exercise) look like in your life?

- A. It's hit-or-miss. (1)
- B. I try to be active at least once a week. (2)
- C. Movement is part of my rhythm—I'm active at least 3 times a week. (3)

Score

When it comes to food, you typically...

- A. Eat whatever's convenient or skip meals. (1)
- B. Make an effort to eat healthy, though not consistently. (2)
- C. Choose nourishing foods most of the time. (3)

Score

How often do you take time for yourself?

- A. Hardly ever—I keep things moving until I'm exhausted. (1)
- B. Occasionally during the week, if I remember or when I feel really drained. (2)
- C. Daily—I build in pauses to reset my mind and body. (3)

Score

How connected do you feel to supportive relationships?

- A. I often feel isolated or disconnected. (1)
- B. I have some good connections, but I don't always make time for them. (2)
- C. I regularly invest in relationships that uplift me. (3)

Score

When was the last time you had a good belly laugh?

- A. Honestly, I can't remember. (1)
- B. Within the past month. (2)
- C. Within the past week. (3)

Score

How often do you digitally detox (phone, tv, computer)?

- A. I'm always connected to one device or another. (1)
- B. Occasionally, during the month. (2)
- C. I schedule digital detox breaks each week. (3)

Score

How often do you practice mindfulness, reflection, or gratitude?

- A. Rarely—it's not something I think about much. (1)
- B. Occasionally, when I remember or need grounding. (2)
- C. Often—it's a regular part of my self-care. (3)

Score

I make time to participate in things that bring me joy?

- A. Rarely. (1)
- B. Sometimes, but not nearly enough. (2)
- C. I'm very intentional of weaving joy into my daily life. (3)

Total Score

Results

10–15 points → Level 1: Survival Mode

You're running on fumes—like trying to drive cross-country with the low gas light on. Most of your energy goes to just keeping up, which leaves very little for *you*. Totally understandable (life is a lot sometimes!). The good news? Small steps can make a big difference. Try:

- Swap one scroll session for a bubble bath or a face mask
- Put on some pumping music and take a dance break
- Choose one night this week to crawl into bed 30 minutes earlier
- Step outside for five minutes of fresh air, sunshine and a few deep breaths—it counts

Tiny wins stack up—and each one helps you refill your tank.

16–23 points → Level 2: Maintenance Mode

You've planted the seeds of self-care—they're sprouting, but sometimes you forget to water them. You're doing more than surviving, but not fully flourishing yet. The magic is in making things consistent *and* fun. Try:

- Schedule a weekly “me date” (walk, journal, hobby—just you)
- Add a 3-minute mid-day stretch break at your desk
- Trade one “should” for a “want to” each week
- Call or text a friend who always makes you laugh

These little rituals are what help you move from “maintenance” into momentum.

24–30 points → Level 3: Thrive Mode

You've got your groove! Self-care is part of your rhythm, and people probably notice your steady, grounded vibe. But you know what? Even thriving can get a little routine if you don't shake it up. Try:

- Experiment with a new recipe and invite someone to taste-test
- Plan a spontaneous day trip, even just a few towns over
- Try a class you've never taken (laughter yoga? pottery? why not!)
- Host a “joy night” with friends—games, music, and zero agenda

The key for you? Keep it curious, keep it light, and keep exploring what feels good.

Next Step on Your Journey...

No matter your level—Survival, Maintenance, or Thrive—you’re already on the path toward greater well-being. Subscribe to **Mini Mindful Moments** (if you haven’t already), to get weekly inspiration, insights and mindfulness practices—simple, soulful resets to help you breathe and feel more grounded.

Ready to go deeper?

I’d love for you to join my upcoming live webinar: **“Radical Self-Care Practices – Be Your Healthier, Happier & Best Self at Home, at Work or in Business”**

In this interactive session, you’ll discover:

- Practical self-care strategies for your mind, body, and spirit that can actually fit into real life.
- How to move beyond “the basics” into practices that feel nourishing, uplifting and sustainable.
- The 7 Pathways to enhance your well-being and how they can help you be healthier, happy and able to live more fully.
- How to choose the practices that resonate the most for you.

Stay tuned for dates and details—your **Mini Mindful Moments** subscription ensures you’ll be the first to know **or click the link below to be added to the list to get notified.**

Yes, Sign Me Up to be Notified of the Radical Self-Care Webinar!

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