

QUIZ



Are You Really Practicing Self-Care?

1. At home, you're most likely doing:

- a** Sitting on the couch watching tv or scrolling on my phone. I'm distracted!
- b** I'm working on something. There isn't enough time in the day.
- c** Phone is on do not disturb & I'm doing something that I love to do.

2. How many times a week do you completely slow down?

- a** Every Sunday night, I focus on me. A bubble bath, music and a book.
- b** I try to do it but something always comes up that I have to do.
- c** I slow down a little bit every day. A little boost for the rest of the day ahead of me.

3. You're feeling under the weather & your bestie asks you to go out to a local spot:

- a** You politely decline telling her you aren't feeling well & need some rest.
- b** You have really been wanting to try this spot. So you chug some DayQuil & take a quick shower.
- c** You immediately say yes & tell her you will see her right after you get off work.

4. Which phrase are you most likely to hear your friends saying about you?

- a** "They are always busy with work. They don't get a lot free time to enjoy their life."
- b** "They need to take a chill pill. Everything isn't this big ordeal."
- c** "They inspire me to do the work. Therapy, boundaries & healthy habits."

5. My morning routine consists of:

- a** I start my day slow. I get up, meditate, journal & drink my coffee with my thoughts.
- b** Hitting the snooze button so many times that I am now late for work.
- c** I get up & jump in the shower to wake myself up. Make a quick breakfast & I'm on my way.

1. a-0 b-1 c-2 2. a-1 b-0 c-2 3. a-2 b-1 c-0
4. a-1 b-0 c-2 5. a-2 b-0 c-1

7 TO 10 POINTS Self-Care Royalty

You take the time to pause & remain intentional. It's not about how much you do, it's about doing the things that you love. Boundaries, time in stillness & healthy habits will keep you in the present moment. Namaste!

4 TO 6 POINTS Smell the Roses

Slow down every once in while. You might be missing the details of life passing you by. Be intentional with what you want your life to look like & then do those things. You don't always have to push through, you can choose you.

0 TO 3 POINTS Boundary Up

Take the extra time to set yourself up for success. You don't have to rush around 24/7. Seriously. take a chill pill. Check in with your body & mind to find out what you really want to do in the moment. Become aware!