

Self-Care Assessment

Rate the following areas according to how well you *think* you are doing

SCALE

- 3 = I do this well (frequently)
- 2 = I am OK at this (occasionally)
- 1 = I barely or rarely do this
- 0 = I never do this -OR- This has never occurred to me

Physical Self-Care

___ Eat regularly (breakfast, lunch, and dinner)

___ Exercise

___ Get regular medical care for prevention

___ Eat healthily

___ Get medical care when needed

___ Get massages

___ Take time off when sick

___ Take vacations

___ Wear clothes I like

___ Get enough sleep

___ Do fun physical activities

___ Do fun artistic activities

___ Think positive thoughts about my body

___ (Other) _____

Psychological Self-Care

- Take day trips or mini vacations
- Make time for self-reflection
- Write in a journal
- Make time away from technology/internet
- Actively work to minimizing life stress
- Read for pleasure
- I am conscious of my thoughts, beliefs, attitudes, feelings
- Say "No" to extra responsibilities
- Try something new
- Be okay leaving work at work
- Do something at which I am not expert
- (Other) _____

Emotional Self-Care

- Spend time with people whose company I enjoy
- Love myself
- Stay in contact with important people in my life
- Allow myself to cry
- Re-read favorite books, re-view favorite movies
- Give myself affirmation/praise
- Identify and seek out comforting activities/places
- Find things that make me laugh
- Express my outrage in social action or discussion
- (Other) _____

Spiritual Self-Care

- ___ Make time for reflection
- ___ Spend time in nature
- ___ Find a spiritual connection or community
- ___ Be open to inspiration
- ___ Be aware of non-material aspects of life
- ___ Cherish my optimism and hope
- ___ Try at times not to be in charge or the expert
- ___ Identify what is meaningful to me
- ___ Meditate
- ___ Seek out reenergizing or nourishing experiences
- ___ Find time for prayer or praise
- ___ Contribute to causes I believe in
- ___ Read or listen to something inspirational
- ___ (Other) _____

Relationship Self-Care

- ___ Schedule regular dates with my partner
- ___ Make time to be with friends
- ___ Call, check on, or see my relatives
- ___ Ask for help when I need it
- ___ Share a fear, hope, or secret with someone I trust
- ___ Enlarge my social circle
- ___ Spend time with animals

___ Allow others to do things for me

___ (Other) _____

Workplace or Professional Self-Care

___ Take time to chat with coworkers

___ Make quiet time to work

___ Identify projects/tasks that are exciting

___ Take a break during the day

___ Balance my load so that nothing is "way too much"

___ Set limits with my boss/peers

___ Arrange workspace to be comfortable

___ Have a peer support group

___ Get regular supervision or consultation

___ Identify rewarding tasks

___ Negotiate/advocate for my needs

___ (Other) _____

Overall Balance

___ Strive for balance within my work-life and workday

___ Strive for balance among my family, friends, and relationships

___ Strive for balance between play and rest

___ Strive for balance between work/service and personal time

___ Strive for balance in looking forward and acknowledging the moment

Areas of Self-Care that are Relevant to You

____ (Other) _____
____ (Other) _____
____ (Other) _____

Thank you from taking time to complete this assessment.

Please note that this worksheet for assessing self-care is suggestive.

Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself.

When you are finished, look for patterns in your responses.

- Are you more active in some areas of self-care?
- Do you tend to ignore others?
- Are there items on the list that hadn't even occurred to you?
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Listen to your internal responses and dialogue about self-care and take note of anything you would like to prioritize moving forward.

Use the links found at www.elanlifecoaching.com for a free discovery session to discuss self-care and how to reclaim the life you were born to live