**A SELF CARE QUESTIONNAIRE**

1. If I'm doing something professionally, I want to do, what got me here?
2. If I'm doing something I do not want to do professionally, what got me here?
3. If I listen to my body talk what is it telling me?
4. If health is balance, how am I in balance and out of balance?
5. What is the worse part of my life?
6. What is the best part of my life?
7. What is the worse part of my relational life? 
8. What is the best part of my relational life? 
9. What is the worse part of alone time?
10. What is the best part of alone time?
11. What depresses me the most about my life?
12. What energizes me the most about my life?
13. How do I feel about my body?
14. How do I teat my body?
15. How do I feel about my spirit?
16. How do I feedt my spirit?
17. How do I feel about my mind?
18. How do I feed my mind?
19. Where am I setting boundaries in my life?
20. Where am I failing to set boundaries?

20.How am I taking responsibility for myself?

1. How am I not taking responsibility for my life?