



SELF-CARE QUIZ

INSTRUCTIONS

- How good are you to yourself?
- There are no right or wrong answers, just answer however seems appropriate for you right now - and see what you learn about yourself!
- Score 2 points for each Yes, 1 point for each Sometimes and 0 points for No's.

	Yes	Sometimes	No
1. I am up-to-date with my optician, dentist and other health check-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am happy with my physical fitness & energy levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I eat well nutritionally most of the time and do not abuse my body with caffeine, alcohol or similar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have plenty of sleep so I always feel well rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I take regular breaks from my work during the day, at weekends and use my holidays for enjoyment & relaxation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I like how my hair is at the moment, I am happy with my wardrobe and my 'style'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I meditate, journal, quietly relax or have alone-time with myself regularly (where I am not doing anything eg. chores or doing things for others)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I prioritise how I spend my time and important things always get done in plenty of time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I say "No" to myself and others when I need to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My home is cleaned regularly to a standard I am happy with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. My home is organized and tidy and somewhere I love to be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. My home is a calm haven (or has a place within it) that takes me away from the stresses of the world	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I recognize my stress signals and know when to take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I have enough people in my life who love and support me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Apart from exceptional situations, I only spend time with people who support, energize and inspire me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I listen to and trust my intuition when it comes to looking after me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I have a mentor/s that support and encourage me in life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I have no regrets and have forgiven myself my past mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I have let go of any past resentments towards others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I have reserves of things that are important to me or help my life run smoothly (anything from contact lens solution to pens, paper, vitamins or bathroom tissue!)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I have things to look forward to in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL NUMBER of Yes's, Sometimes, and No's.

The maximum possible total is 42. Write your score here _____.

40-42: You are taking care of yourself extremely well. Teach others what you know.

30-39: Your self-care is great. Keep doing what you're doing.

20-29: Your self-care is good but needs attention.

10-19: You need to prioritize yourself right away.

0-9: You are likely in burnout mode. Change is needed immediately.

What is ONE change you can make today? _____