

# Self-Care Assessment



**Use the following pages to assess your self-care habits.**

Check the corresponding box for each topic, with 1 being “not good at all” and 3 being “I’ve got a good handle on this”. If you’re at the top of the charts and there is no more improvement needed in a certain area, check the ☆ box.

# Self-Care Assessment

1 2 3 ★

## Physical Self-Care

**Sleep: Quality and Quantity**

**Exercise**

**Eating Habits**

**Personal hygiene**

**Regular medical and dental checkups**

1 2 3 ★

## Financial Self-Care

**Spending**

**Savings**

**Investments**

**Retirement**

**Monthly expenses**

# Self-Care Assessment

1	2	3	★	Spiritual/Emotional Self-Care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pray
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Meditate
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spend time in nature
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Act in accordance with my morals and values
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participate in a cause that is important to me

1	2	3	★	Work Self-Care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take breaks during work
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Improve my professional skills
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Overall professional self-care
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Advocate for fair pay, benefits, and other needs
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take on project that are interesting or rewarding

# Self-Care Assessment

1	2	3	★
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Social Self-Care

Family

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Friends

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Neighbors

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Significant other

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Pets

1	2	3	★
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Intellectual Self-Care

Books, Movies

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Social Media

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Education, Extracurricular classes

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Clubs, associations

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Vacations

# Self-Care Practice

Physical Self-care



Emotional Self-care



Spiritual Self-care

Things I like

Things I don't like

Intellectual Self-care



Social Self-care



Financial Self-care

# Self-Care Assessment

**Based on your assessment, what will you change in your life?**

Write down what area you will begin improving first?

What specifically will you start doing to improve that area of your life?

How will this change you, your relationships, your work?

# Ready for the next step?

Are you ready to overcome stress and burnout?

Are you ready to take your self-care to the next level?

Are you ready to stop the procrastination cycle and achieve the goals that will bring more happiness to your life?

[CLICK HERE](#) to schedule a strategy call with Coach Suzanne and discover your next steps!

*Questions?*

Visit [www.TheLifeWalk.com](http://www.TheLifeWalk.com)  
or email [Suzanne@TheLifeWalk.com](mailto:Suzanne@TheLifeWalk.com)  
*for answers!*