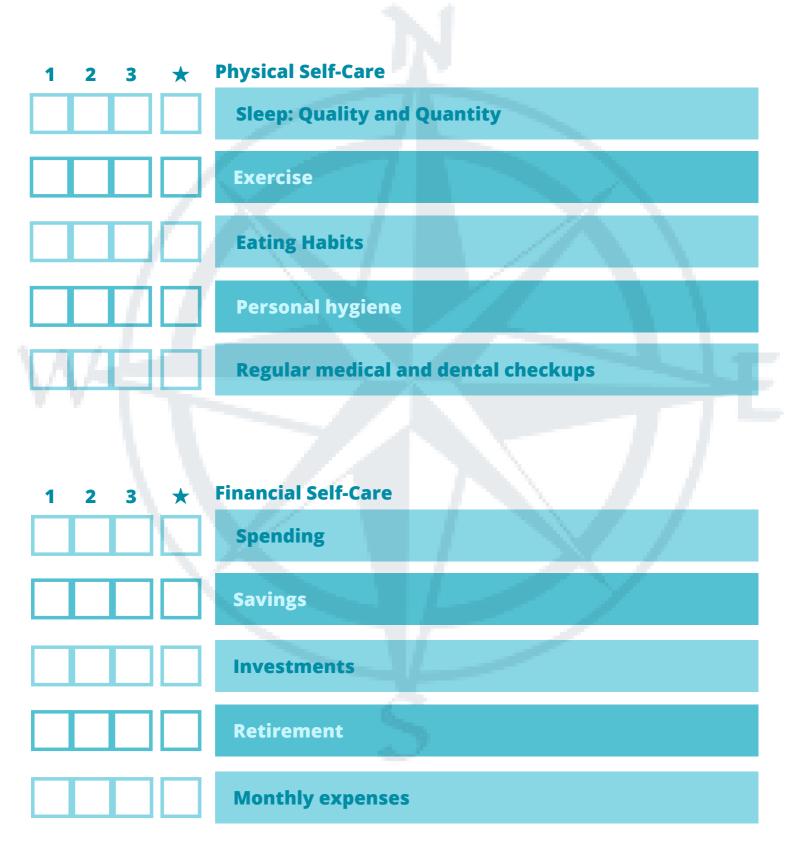
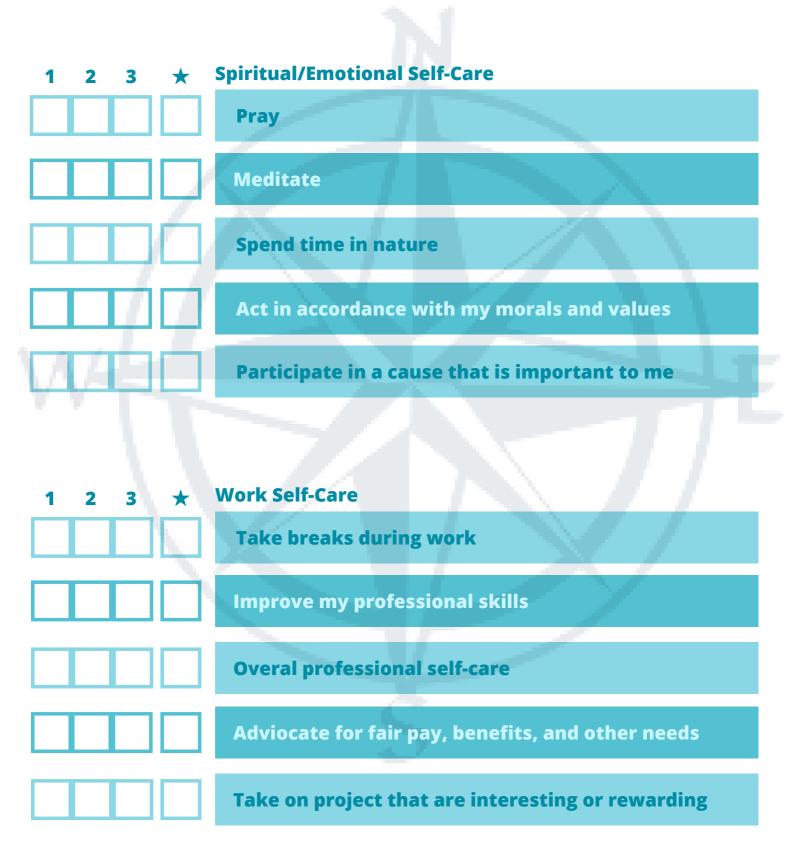
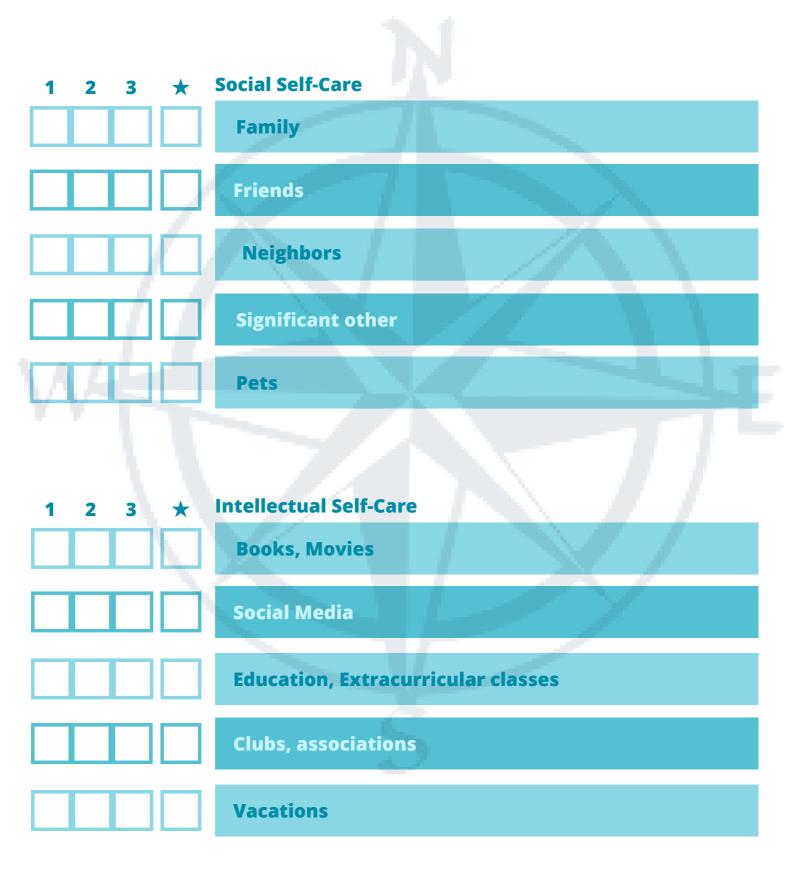
Use the following pages to assess your self-care habits.

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 \star box.

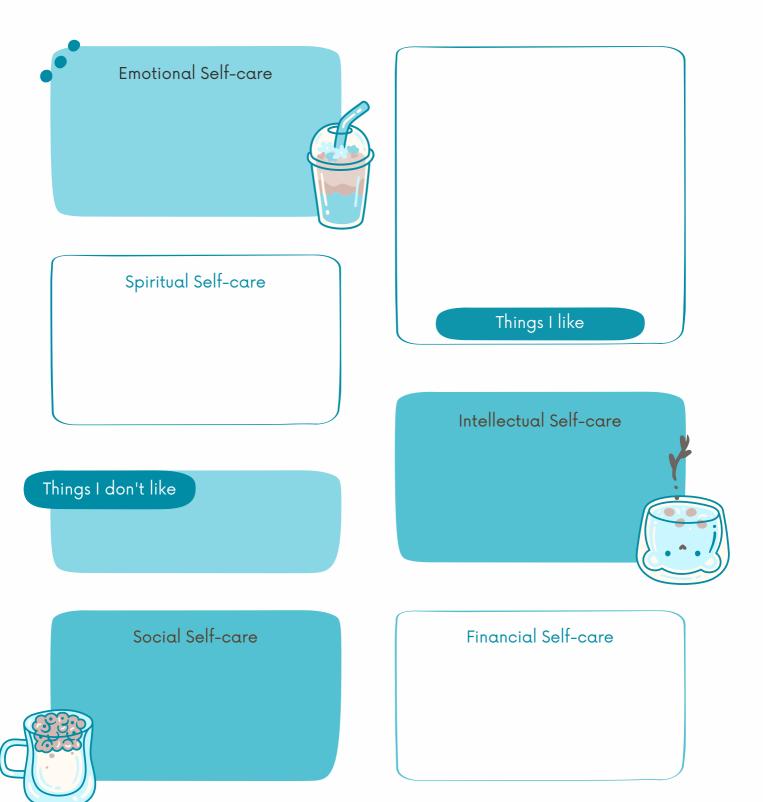






Self-Care Practice





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?

<u>CLICK HERE</u> to schedule a strategy call with Coach Suzanne and discover your next steps!

Questions? Visit <u>www.TheLifeWalk.com</u> or email Suzanne@TheLifeWalk.com for answers!