



Self-Care Quiz

INSTRUCTIONS

- How good are you to yourself? Let's find out! Know that there are no right or wrong answers, just answer however seems appropriate for you right now and see what you learn about yourself.
- Scoring: 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 and 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, on weekends and use my vacation days and 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 e.g. chores or doing things for others)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I prioritize how I spend my time and important things always get done in plenty of time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I say "No" to myself and others when I need to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. 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"/>
12. 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"/>
13. 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 total score here** _____

What did you learn about yourself? _____
