



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 (like 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 _____

What areas are working well for you? What areas need improvement? What would you like to change or get rid of?

For more info on how working with a personal wellness coach can help you make and maintain changes, contact Sue: