

Self-Care Assessment

Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of the activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well you are performing various activities. The goal of this assessment is to help you learn about your needs by spotting patterns and recognizing areas of your life that need more attention.

This is not comprehensive, but it is a starting point. There are no right or wrong answers. There may be activities that you have no interest in, and other activities may not be included.

Key

Rate by quality

1 I do this poorly

2 I do this OK

3 I do this well

★ I would like to improve at this

NA Does not apply to me

Rate by frequency

1 I do this rarely or not at all

2 I do this sometimes

3 I do this often

★ I would like to do this more frequently

- A few reminders -

1. Self-care doesn't always feel good. Addressing tough issues is good but sometimes painful.
2. Self-care isn't about happiness- its about good stewardship of your body and mind, recognizing limitations, and setting healthy boundaries.
3. When developing healthy habits practice excellence- not perfection. Stay focused on WHY you are doing these healthy habits and state your goals in the present tense ("I work out 3 days per week" instead of "I want to work out 3 days a week")

YOUR BLOCKERS

List the things that keep you from doing more self-care:

Emotional/ Psychological Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	Take time off from work, school or other obligations
<input type="checkbox"/>	<input type="checkbox"/>	Participate in hobbies
<input type="checkbox"/>	<input type="checkbox"/>	Get away from distractions (phone, email, ect.)
<input type="checkbox"/>	<input type="checkbox"/>	Learn new things, unrelated to work or school
<input type="checkbox"/>	<input type="checkbox"/>	Express my feelings in a healthy way (talking, creating art, journaling)
<input type="checkbox"/>	<input type="checkbox"/>	Recognize my own strengths and achievements
<input type="checkbox"/>	<input type="checkbox"/>	Go on vacations or day-trips
<input type="checkbox"/>	<input type="checkbox"/>	Do something comforting
<input type="checkbox"/>	<input type="checkbox"/>	Find reasons to laugh
<input type="checkbox"/>	<input type="checkbox"/>	Talk about my problems
<input type="checkbox"/>	<input type="checkbox"/>	Overall psychological and emotional self-care

Physical Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	Eat healthy foods
<input type="checkbox"/>	<input type="checkbox"/>	Take care of personal hygiene
<input type="checkbox"/>	<input type="checkbox"/>	Exercise
<input type="checkbox"/>	<input type="checkbox"/>	Wear clothes that help me feel good about myself
<input type="checkbox"/>	<input type="checkbox"/>	Eat regularly
<input type="checkbox"/>	<input type="checkbox"/>	Participate in fun activities (walking, swimming, dancing, sports, etc)
<input type="checkbox"/>	<input type="checkbox"/>	Get enough sleep
<input type="checkbox"/>	<input type="checkbox"/>	Go to preventative medical appointments (checkups, dentist, etc)
<input type="checkbox"/>	<input type="checkbox"/>	Rest when sick
<input type="checkbox"/>	<input type="checkbox"/>	Overall physical self-care

Professional Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	Improve my professional skills
<input type="checkbox"/>	<input type="checkbox"/>	Say "NO" to excessive new responsibilities
<input type="checkbox"/>	<input type="checkbox"/>	Take on projects that are interesting or rewarding
<input type="checkbox"/>	<input type="checkbox"/>	Learn new things related to my profession
<input type="checkbox"/>	<input type="checkbox"/>	Make time to talk and build relationships with colleagues
<input type="checkbox"/>	<input type="checkbox"/>	Take breaks during work
<input type="checkbox"/>	<input type="checkbox"/>	Maintain balance between my professional and personal life
<input type="checkbox"/>	<input type="checkbox"/>	Keep a comfortable workspace that allows me to be successful
<input type="checkbox"/>	<input type="checkbox"/>	Advocate for fair pay, benefits, and other needs
<input type="checkbox"/>	<input type="checkbox"/>	Overall professional self-care

Social Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	Spend time with people who I like
<input type="checkbox"/>	<input type="checkbox"/>	Call or write to friends and family who are far away
<input type="checkbox"/>	<input type="checkbox"/>	Have stimulating conversations
<input type="checkbox"/>	<input type="checkbox"/>	Meet new people
<input type="checkbox"/>	<input type="checkbox"/>	Spend time alone with my romantic partner
<input type="checkbox"/>	<input type="checkbox"/>	Ask others for help, when needed
<input type="checkbox"/>	<input type="checkbox"/>	Do enjoyable activities with other people
<input type="checkbox"/>	<input type="checkbox"/>	Have intimate time with my spouse
<input type="checkbox"/>	<input type="checkbox"/>	Keep in touch with old friends
<input type="checkbox"/>	<input type="checkbox"/>	Overall social self-care

Spiritual Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	Spend time in nature
<input type="checkbox"/>	<input type="checkbox"/>	Pray
<input type="checkbox"/>	<input type="checkbox"/>	Set aside time for thought and reflection or devotions
<input type="checkbox"/>	<input type="checkbox"/>	Recognize the things that give meaning to my life
<input type="checkbox"/>	<input type="checkbox"/>	Recognize what there is to be grateful for
<input type="checkbox"/>	<input type="checkbox"/>	Support or participate in a cause that is important to me
<input type="checkbox"/>	<input type="checkbox"/>	Act in accordance with my morals and values
<input type="checkbox"/>	<input type="checkbox"/>	Tithe
<input type="checkbox"/>	<input type="checkbox"/>	Appreciate art that is impactful to me (music, literature, etc)
<input type="checkbox"/>	<input type="checkbox"/>	Overall spiritual self-care

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