

SELF-CARE ASSESSMENT

Rate the following areas according to frequency:

3 = I do this frequently

2 = I do this occasionally

1 = I rarely do this

0 = I never do this

- ___ I eat healthy meals regularly (breakfast, lunch, and dinner)
- ___ I engage in physical activity such as: dancing, swimming, walking, running, playing sports, going to the gym, pilates, or some other physical activity that is enjoyable
- ___ I get 7-8 hours of quality sleep each night
- ___ I take regular vacations, including day trips and mini-vacations
- ___ I get regular medical care and attention for the purpose of prevention
- ___ I make time for solitude and self-reflection
- ___ I read self-development and self-help literature
- ___ I demonstrate a healthy ability to say “no” to requests of others
- ___ I communicate personal wants and needs clearly and with confidence
- ___ I give and receive compliments with ease
- ___ I express feelings freely (laugh, cry, get angry, be sad, etc.)
- ___ I participate in professional projects and tasks that are exciting and rewarding

(Adapted from National Alliance on Mental Illness Self-Care Inventory)

Scoring

Calculate your Self-Care Assessment Score by adding each rating.

- 28-36 – You are doing a great job at self-care! You have a very good level of emotional, psychological and physical self-care. You know what is important to you, and are able to keep the balance between your needs and life’s commitments. Praise yourself and Keep it up!
- 18-27 – You are doing better in some areas than others. You may be putting the needs of others first, or find it challenging to maintain a healthy lifestyle and boundaries. Praise yourself for those areas you are maintaining good self-care. Evaluate those areas you scored low: how important is it for you to do better in these areas? What steps can you take to self-care just a little bit more?
- 17 and below – You may be neglecting self-care in many levels of your life, and this perhaps may be reflecting in your levels of happiness and fulfilment. Why is this happening? What steps, big or small can you take right now to care for yourself a little more? Who can you reach out for help? Even though this score indicates low self-care at this particular time, remember that you can make changes, and even small steps can set you off to an enormous positive shift.

Visit www.emotionalshift.net/free to access free downloads and more self-assessments including: My appreciation journal, Guide to positive affirmations, ICANDO template and more.

We would love you to join [the Emotional Shift newsletter](#) and Join our [facebook community](#)

“Caring for your body, mind, and spirit is your greatest and grandest responsibility. It's about listening to the needs of your soul and then honouring them.”– Kristi Ling