



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	☐	☐	☐
2. I am happy with my physical fitness and energy levels	☐	☐	☐
3. I eat well nutritionally most of the time and do not abuse my body with caffeine, alcohol or similar	☐	☐	☐
4. I have plenty of sleep so I always feel well rested	☐	☐	☐
5. I take regular breaks from my work during the day and at weekends.	☐	☐	☐
6. I switch off digital devices that I use for work to protect my personal time.	☐	☐	☐
7. I meditate, journal, quietly relax or have alone-time regularly (where I am not doing anything e.g. chores or doing things for others)	☐	☐	☐
8. I prioritise how I spend my time and important things always get done in plenty of time	☐	☐	☐
9. I say "No" when I need to	☐	☐	☐
10. I use holiday time for enjoyment and relaxation.	☐	☐	☐
11. My home is organised and tidy and somewhere I love to be	☐	☐	☐
12. My home is a calm haven (or has a place within it) that takes me away from the stresses of the world	☐	☐	☐
13. I recognise my stress signals and know when to take a break	☐	☐	☐
14. I have enough people in my life who love and support me	☐	☐	☐
15. Apart from exceptional situations, I only spend time with people who support, energise and inspire me	☐	☐	☐
16. I listen to and trust my intuition when it comes to looking after me	☐	☐	☐
17. I have a mentor/s that support and encourage me in life	☐	☐	☐
18. I have no regrets and have forgiven myself my past mistakes	☐	☐	☐
19. I have let go of any past resentments towards others	☐	☐	☐
20. I have reserves of things that are important to me or help my life run smoothly (anything from contact lens solution to pens, vitamins or bathroom tissue!)	☐	☐	☐
21. I have things to look forward to in my life	☐	☐	☐

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? _____

