

Self-Care Assessment

15 Signs Your Body and Soul are Screaming for Self-Care

Answer these questions to help you determine if you need more Self-Care in your life.

1. Do you take time out to relax each day?

- Yes, I set aside time every day just for me.
- Sometimes; if my schedule isn't too crazy.
- No, I can't relax when I've got things to do.

2. Do you get enough sleep each night?

- Yes, I make sure I am well-rested each night.
- Sometimes; if I can get to bed early enough.
 - No, I'm always exhausted.

3. Do you exercise on a regular basis?

- Yes, I have a normal exercise routine.
- Sometimes; when I get the urge.
 - No, I'm too tired to workout.

4. Do you ever spend time alone?

- Yes, I have alone time each day.
- Sometimes; if I can make it work out.
- No, I rarely ever have a moment alone.

5. Do you have healthy eating habits?

- Yes, as often as possible.
- Sometimes; when I think about it.
- No, who has the time or money to eat healthy?

6. Do you allow yourself to have fun?

- Yes, I take time daily doing something I enjoy.
- Sometimes; if I have a few extra minutes.
- No, I can't remember the last time I did anything fun.

7. Do you ever put yourself first?

- Yes, I take care of myself first before everyone else.
- Sometimes; if no one else needs me.
- No, I usually put everyone else's needs in front of my own.

8. Do you ever unplug from technology?

- Yes, I step away from my phone often.
- Sometimes; when I take nap.
- No, never. What if I miss something?

9. Do you spend much time outdoors?

- Yes, every day. I get outside as often as possible.
- Sometimes, when I'm walking to my car.
- No, I spend most of my time indoors.

10. Do you feel like self-care is beneficial?

- Yes, it is 100% important to my overall wellness.
- Maybe; for people that have time to do it.
- No, it takes too much time, effort and money.

11. Do you ever say no when asked to do something?

- Yes, when I feel like it doesn't serve me.
- Sometimes; when I have the courage.
- No. I never say no to anyone that needs me.

12. Do you ever ask for help?

- Yes, anytime I feel overwhelmed.
- Sometimes; when it's not too much of a burden.
- No, I can handle everything on my own.

13. Are you genuinely happy with life?

- Yes, I love my life and am grateful for what I have.
- Sometimes; when things are going right.
- No, I find it hard to be happy with who I am.

14. Are you physically pretty healthy?

- Yes, thankfully I hardly ever get sick.
- Sometimes; but I never feel 100%.
- No, I'm always coming down with something.

15. Do you ever treat yourself with small gifts?

- Yes, I treat myself in small ways all the time.
- No, I don't really need or want anything.
- No, I can't afford to treat myself to anything.

For all those questions to which you answered **YES**, keep doing what you're doing in these areas to keep your self-care routine strong.

If you answered **SOMETIMES** or **NO**, it's time to assess what changes you can make to start developing a self-care routine that works for you. Of course, if you're happy with your life, no changes are necessary. But if you'd like to experiment and experience what some additional self-love can bring, focus on one of these questions and make some changes.

Keep in mind the changes don't have to be life-altering; start small by adding one new habit a week. Schedule some alone time or take a 15-minute walk without your phone. Allow yourself the time and space to do something purely for the fun of it. Put yourself first once in a while and start taking the steps to prioritize self-care in your life.

