

Self-Care Assessment Resource

The self-care assessment provides a snapshot of how you care for yourself throughout the MONTH in various aspects of your life. We often care for others more attentively than we care for ourselves, use this tool to begin taking better care of you.

Use the scale below to rate the frequency of each activity. Tally the numbers in each section to give yourself an idea about where to begin your self-love/self-care journey. A star counts as zeros.

Choose one item from each area to actively improve throughout the week or focus first on the starred items to begin making adjustments towards happiness.

4 = Frequently

3 = Occasionally

2 = Rarely

1 = Never

★ = I would like to do this

1	2	3	4	★	PHYSICAL SELF CARE
					Eat regularly (At least twice a day)
					Eat healthy foods
					Take care of personal hygiene (Shower, brush teeth, wash clothes)
					Wear things that make you feel good about yourself
					Get enough sleep
					Get active (Walk, run, play sports, dance, swim, anything physical)
					Take care of sexual needs – with yourself or someone else
					Rest when sick
					If capable, get preventative medical care (doctor, dentist, etc.)
					Take vacations (mini-trips, stay-cations, getaways)

Physical Self-Care Total:

1	2	3	4	★	EMOTIONAL SELF CARE
					Take time off from personal or professional obligations
					Spend time with people you enjoy
					Give yourself affirmations or praise
					Participate in an activity you enjoy

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					Do something comforting (re-read favorite book, long baths, watch favorite show)
					Allow yourself to cry when feeling like crying
					Verbalize problems to someone you trust
					Find reasons to laugh
					Get involved in a cause greater than yourself
					Have stimulating conversations

Emotional Self-Care Total:

1	2	3	4	★	PSYCHOLOGICAL SELF CARE
					Take time for self- reflection (Sitting in silence, no distractions)
					Writing in a journal or keeping video/recorded journal
					Read about something that inspires you
					Do something that challenges you
					Decrease unnecessary stressors in your life
					Let people you trust meet the varying sides of who you are
					Practice receiving without feeling guilty
					Saying “no” to extra responsibilities
					Being selfish with your time, space and energy
					Ask others for help when you need it

Psychological Self-Care Total:

1	2	3	4	★	SPIRITUAL SELF CARE
					Be open to inspiration from unexpected places
					Read the book that inspires self-reflection or provides a lesson
					Spend time in nature
					Be open to not knowing the answer
					Being aware of the non-material aspects of your life
					Pray
					Meditate
					Highlight the things that give meaning to your life
					Appreciate art that is impactful for you (music, spoken word, paintings, literature)

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					Act in accordance with your morals and values
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Spiritual Self-Care Total:

1	2	3	4	★	PROFESSIONAL SELF CARE
					Take breaks during work
					Say “no” to excessive new responsibilities
					Take quiet time to complete tasks
					Identify projects or tasks that excite you
					Improve professional skills
					Negotiate for your needs (benefits, pay raise)
					Make workspace your own
					Balance workload throughout the week
					Create work life balance
					Set boundaries and limits with colleagues

Professional Self-Care Total: