



About this Self-Care Quiz/Assessment Tool

Congratulations on accessing your Self-Care Quiz. This resource has three parts: 1) What Is Your Self-Care Style? 2) Whole Person Self-Care Assessment and 3) Making It Real.

There is no one size fits all when it comes to self-care, so please know this tool is intended to get you thinking about your own unique self-care efforts from a holistic perspective – mind, body, heart and spirit.

A few tips for using this tool:

1. Give yourself permission to take 15 minutes to turn inward and really reflect about your self-care and well-being. You deserve this reflective time.
2. Review this information with both a spirit of compassion and non-judgment – sometimes our self-care looks how we would like it to look, sometimes it gets off our radar. Just simply notice what is true for you in this part of your life without any judgment or negative self-talk. Let your self-loving voice be present.
3. I welcome hearing from you – if you would like to share your biggest “Aha” from this quiz or anything else that might spark for you while doing this quiz/assessment, please feel welcome to email me at lynda@creativewellnessworks.com
As a self-care, reflective writing and health coach, I care about your self-discovery and well-being!

Part 1: What's your self-care style?

Check the statement that is most true for you at this time in your life.

- ____ I regularly take care of myself, believing that to truly be the best I can be self-care must be foundational in my life. My self-care is always one of my top priorities.
- ____ I take pretty good care of myself - I consistently get enough rest, take time for myself to replenish, and generally live a healthy lifestyle.
- ____ I tend to take care of myself when I have no choice - if I get sick, or feel so stressed out that something has to give - I'll do a bit of self-care and then stop it when I start feeling better.
- ____ I never take care of myself. At this time in my life, self-care is not even on my "to do" list.
- ____ I think people who take care of themselves are selfish, indulgent, and only think about themselves.

Now, read the statement you just identified as your self-care style...

How do you feel?

What do you notice?

Now for a closer look at self-care...

Part 2: Introducing Whole Person Self-Care – Mind, Body, Heart & Spirit

What is Whole Person Self-Care? Your well-being is directly affected by how you take care of yourself in mind, body, heart and spirit. Your mental, physical, emotional and spiritual energy are created through acts of self-care that generate a sense of vitality, wellness and joy in life and work. Attending to all four dimensions of the self, enables you to rejuvenate, replenish, energize and fully engage with your life and your well-being.

Whole Person Self-Care Assessment

Scoring your assessment:

Considering this, please score the following statements for how often they are true for you at this time.

0 – Never/No 1- Rarely 2 – Sometimes 3 – Often/Yes

Psychological Self-Care (Mind)

_____ I say yes to things that fit within my schedule and are manageable for me to do.

_____ I say yes to things that reflect my core values and priorities.

_____ I only give my attention to things I can personally control or address, and let go of those I can't.

_____ I make time for personal reflection, noticing my inner experiences (I am self aware of my thoughts and feelings).

_____ I am present in the moment, minimizing dwelling in the past or the future.

_____ **Total Score out of 15 for Psychological Self-Care**

Physical Self-Care (Body)

- _____ I eat healthy, drink lots of water, get plenty of exercise; I take care of my physical health.
- _____ I take time for myself to enjoy hobbies, pamper myself and truly relax.
- _____ My work and home environments are uncluttered and reflect who I am. I feel inspired and productive in these environments.
- _____ I take time away from TV, computers, and telephones.
- _____ I take vacations or mini- retreats to rest and replenish.
- _____ **Total Score out of 15 for Physical Self-Care**

Emotional Self-Care (Heart)

- _____ I set clear boundaries on my time, energy and attention.
- _____ I surround myself with positive people and affirming/inspiring messages.
- _____ I don't let issues build up – I address issues, problems and questions in the moment so they can be dealt with directly.
- _____ I give and receive love, kindness and support. I practice accepting myself (including my feelings) and others.
- _____ I spend time with people I care about and who care about me.
- _____ **Total Score out of 15 Emotional Self-Care**

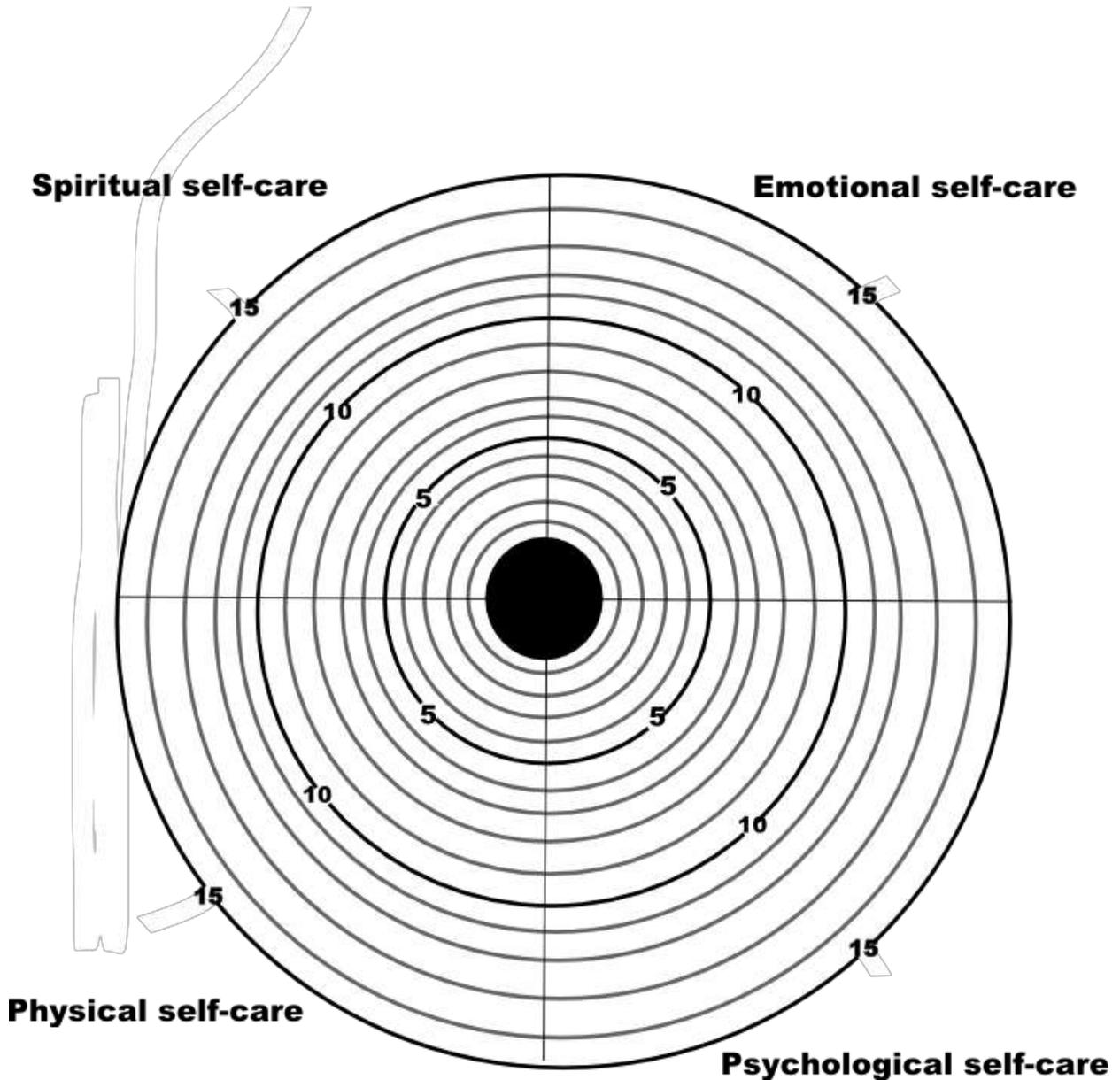
Spiritual Self-Care (Spirit/Essence)

- _____ I identify what is meaningful to me and identify its place in my life.
- _____ I regularly practice gratitude and give thanks for all of the abundance I experience each day.
- _____ I spend time in nature.
- _____ I am aware of the non-material aspects of my life.
- _____ I meditate/pray or have some other practice that connects me to all that is (this may or may not have any religious connotations).
- _____ **Total Score out of 15 for Spiritual Self-Care**

Creating a Visual of Your Scores:

Now take a moment to transfer your four scores in each dimension of self-care onto the wheel graph on the next page. This will give you a picture of your current whole person self-care.

Whole Person Self-Care Circle Graph



3) Part 3: Making It Real

Review Your Whole Person Self-Care Assessment

The following questions are intended to deepen your take away reflections from this self-care assessment:

1. What are you most proud of when you review your self-care assessment? What is working?

2. What could be possible for you if self-care was an even greater focus in your life and work?

Taking Action

Write one commitment statement below.

This week, I will increase my Self-Care by

Self-care is a journey not a destination. Enjoy!

More Resources

Your self-care, health and wellness always matter. They are at the heart of living a fulfilling life. Creative Wellness exists to inspire, nourish and support your self-care efforts across time. Live well and live fully with Creative Wellness – <http://www.creativewellnessworks.com>. Enjoy your subscription to the biweekly Creative Wellness Tips & Tools Museletter! *Lynda*