

Self Care Assessment Worksheet



Where Do You Need To Take Care of Your Self More?

Take this short exercise to help you get connected with yourself and learn more about what it is you need.

① *First*

Take a look at the list and score yourself from 1-10, 1 is low and 10 is high.

**Base your answer on your first / initial gut response!*

② *Second*

Next to each line item answer what do I need to do to score higher?

③ *Third*

Answer the questions that follow at the end.

①

How satisfied do I feel in this area?

1 = Low Satisfaction. 10 = High Satisfaction

②

What do I need to score higher?

- 1. My Energy Levels ___ / 10
- 2. How inspired I feel..... ___ / 10
- 3. Fun & Play..... ___ / 10
- 4. Self Honesty ___ / 10
- 5. Peace & Quiet ___ / 10
- 6. Feeling Heard & Seen ___ / 10
- 7. Feeling Accepted & Understood ___ / 10
- 8. My Friendships ___ / 10
- 9. Feeling Loved & Appreciated ___ / 10
- 10. My Environment (home, work, etc) . ___ / 10
- 11. Physical Health ___ / 10
- 12. My Feelings & Emotional Health ___ / 10
- 13. Organization & Simplicity ___ / 10
- 14. Being Challenged & Stretched ___ / 10
- 15. Learning & Personal Growth ___ / 10
- 16. Money / Finances ___ / 10
- 17. Connection to Myself ___ / 10
- 18. Relaxation & Pampering ___ / 10
- 19. Other _____ ___ / 10

Vertical line on the left side of the form area.



③ Answer the following questions.
**Be honest with yourself...*

What surprised you most about your responses?

What patterns & themes do you notice?

What else do you notice about your responses?

What is 1 action you will take THIS week to take more care of yourself?
