

# SELF CARE ASSESSMENT

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## 1) BODY CARE

**A. Exercise: Getting the amount and kind of exercise I need to support good health, be comfortable in my body, & have good energy for my purpose and passions.**

Major Problem                      Minimally getting what I need                      Doing Great  
1   2   3                      4   5   6   7   8   9                      10

*My thoughts on this:*

**B. Diet: Eating the kinds of food, the right amounts, and on the right schedule to support good health and maintain good energy.**

Major Problem                      Minimally getting what I need                      Doing Great  
1   2   3                      4   5   6   7   8   9                      10

*My thoughts on this:*

**C. Sleep: Getting the right amount of sleep, on the right schedule, and sleeping soundly so as to support good health and maintain good energy.**

Major Problem                      Minimally getting what I need                      Doing Great  
1   2   3                      4   5   6   7   8   9                      10

*My thoughts on this:*

**D. Other Health Needs: Proactively care for my body’s unique health needs and challenges, making sure my body gets appropriate and timely health input and support.**

Major Problem                      Minimally getting what I need                      Doing Great  
1    2    3                      4    5    6    7    8    9                      10

*My thoughts on this:*

**2) RELATIONSHIPS**

**A. Maintaining an active and vibrant network of friendships that meets my human needs for connection and intimacy.**

Major Problem                      Minimally getting what I need                      Doing Great  
1    2    3                      4    5    6    7    8    9                      10

*My thoughts on this:*

**B. If I have a primary love relationship and/or family, investing the time I really want in this relationship(s), and maintaining good boundaries around my work that support intimate and satisfying love relationships and a rich family life.**

Major Problem                      Minimally getting what I need                      Doing Great  
1    2    3                      4    5    6    7    8    9                      10

*My thoughts on this:*

### 3) SPIRITUAL RENEWAL

**A. Investing in regular alone time, rituals, gathering, art & music, or practices that nourish my spirit, keep my mind clear, my energy fresh and centered, and keep me connected to my purpose.**

Major Problem				Minimally getting what I need						Doing Great
1	2	3	4	5	6	7	8	9	10	

*My thoughts on this:*