

Date:

SELF CARE ASSESSMENT

What do your Self Care habits look like today?

I do things like....	Never 0	Sometimes 1	Sometimes 2	Sometimes 3	Often 4
Eat regularly, maintain a balanced diet, exercise, get enough sleep, rest when sick					
Talk about my problems, take time away from distractions, find reasons to laugh, do things that comfort me					
Do things I enjoy with people that I like, keep in touch with friends, spend quality time with loved ones					
Make decisions that are in line with my values, meditate, pray, volunteer in my community, spend time in nature					
Take breaks from work, make an effort to develop relationships with coworkers/colleagues, keep my workspace comfortable, advocate for what I need					