



LIVE A BETTER LIFE

Self-Care Assessment Sheet

Taking care of yourself better is not only important to you but also to everyone around you. When you aren't practicing self-care every day, you will not be as healthy and happy as you could be. This means you aren't at your best and you will be less helpful to others, such as your family, elderly relatives and the community.

To help optimize and improve your self-care, fill in each section of this assessment sheet to give you an idea of what you need to work on, to live a better life and to be there for others.

Rate yourself on the following questions. Use the number-system with 1 being the lowest score and 5 being the best score. Add the numbers in each section and put it on the total score in the section title.

Physical Self-Care - Total Score _____

- ___ I exercise 3-5 times a week.
- ___ I eat 3 healthy meals daily.
- ___ I eat healthy snacks.
- ___ I follow a healthy sleep routine.
- ___ I avoid eating at fast food restaurants.
- ___ I visit my family doctor regularly.
- ___ I visit my dentist regularly.
- ___ I drink water for better hydration.
- ___ I incorporate weights in my exercises.
- ___ I take medications as prescribed.

I wish to work on and improve in these areas of my life:

Self-care is giving the world the best of you instead of what's left of you.

Katie Reed



Mental Self-Care - Total Score _____

- I write in a journal regularly.
- I keep up with current news & events.
- I play cognitive games and/or read content that challenges me.
- I engage in at least one hobby a week.
- I listen to relaxing music.
- I call or write to keep in touch with people I care for.
- I volunteer regularly.

___ I visit places that I enjoy at least twice a week.

___ I learn to do something new each week.

___ I practice self-compassion and acceptance.

I wish to work on and improve in these areas of my life:



Emotional Self-Care - Total Score _____

- ___ I journal about things that bother/worry me.
- ___ I talk about troubling thoughts with a trusted friend.
- ___ I make it a point to be kind to others.
- ___ I don't take hurtful things to heart.
- ___ I listen to upbeat or sad music as needed.
- ___ I watch inspiring or funny movies/shows to cheer up.
- ___ I don't allow my anger or frustration to affect others.
- ___ I read the news or books to keep my thoughts in perspective.
- ___ I tell people what I really think, in appropriate way.
- ___ I effectively limit the time I spend with toxic people.

I wish to work on and improve in these areas of my life:

_____	_____
_____	_____

Social Self-Care - Total Score _____

- ___ I schedule one-on-one time each person in my immediate family.
- ___ I participate in community events regularly.
- ___ I am part of several community groups.
- ___ I encourage my family and friends to try new things.
- ___ I check on my friends/family regularly.
- ___ I tell my friends and family why I appreciate them.

___ I effectively balance the time I need for myself and with others.

___ I ask for help when needed.

___ I make new people feel welcome and valued.

I wish to work on and improve in these areas of my life:

Business Self-Care - Total Score _____

___ I arrive/begin work on time.

___ I work with a peer-support group.

___ I work with others as a team-player.

___ I compliment others on their work.

___ I follow the rules/instructions set for my job.

___ I read industry-related information regularly.

___ I regularly build and enhance my job skills.

___ I keep my desk/office clean and organized.

___ I take time off only when needed.

___ I take breaks away from work as needed.

I wish to work on and improve in these areas of my life:



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