



Self-care Assessment



This quiz is designed to help you reflect on how well you are taking care of yourself across various domains of wellness.

Please respond to each statement honestly using the following scale:

- 1** NEVER | **2** RARELY | **3** SOMETIMES | **4** OFTEN | **5** ALWAYS

1. Physical Self-care

- a. I get enough sleep (7 - 9 hours) _____
- b. I eat a balanced and nutritious diet. _____
- c. I engage in physical activity or movement regularly. _____
- d. I attend regular health check-ups and medical appointments. _____
- e. I take time off when I am sick or exhausted. _____

Sub-total: _____/25

2. Spiritual Self-care

- a. I take time to reflect on my feelings. _____
- b. I express my emotions in healthy, constructive ways. _____
- c. I allow myself to experience difficult emotions without judgment. _____
- d. I engage in activities that bring me joy and laughter. _____
- e. I set boundaries with people who drain me emotionally. _____

Sub-total: _____/25



3. Mental/Intellectual Self-Care

- a. I challenge my mind with new ideas, books, or skills. _____
- b. I take breaks from technology and screens. _____
- c. I engage in hobbies or creative outlets. _____
- d. I spend time in environments that stimulate my thinking. _____
- e. I feel mentally clear and focused most of the time. _____

Sub-total: ____/25

4. Social Self-care

- a. I spend time with people who uplift and support me. _____
- b. I maintain regular contact with friends and loved ones. _____
- c. I ask for help when I need it. _____
- d. I communicate openly and honestly in my relationships. _____
- e. I nurture a sense of belonging within a community or group. _____

Sub-total: ____/25

5. Spiritual Self-care

- a. I feel connected to something greater than myself. _____
- b. I spend time in prayer, meditation, or quiet reflection. _____
- c. I engage in practices that align with my values. _____
- d. I feel a sense of purpose and meaning in life. _____
- e. I practice gratitude or mindfulness regularly. _____

Sub-total: ____/25

6. Professional/Workplace Self-care

- a. I maintain healthy work-life boundaries. _____
- b. I take regular breaks during the workday. _____
- c. I feel appreciated and recognized for my work. _____
- d. I say “no” to extra work when I’m at capacity. _____
- e. I pursue learning or growth opportunities in my field. _____

Sub-total: ____/25

Scoring & Interpretation

Total Score: ____/150

121 - 150

EXCELLENT - You're prioritising self-care across all domains.

91 - 120:

GOOD - Strong foundation, with room to enhance certain areas.

61 - 90:

FAIR - Your self-care may be inconsistent. Identify where you're neglecting your needs.

< 60:

NEEDS ATTENTION - It's time to take self-care seriously.



You Are Not Alone

Taking time to reflect on your self-care is a powerful first step, and sometimes, it brings to light areas where we feel stretched thin or overwhelmed.

If, as you completed this quiz, you found yourself feeling unsure, vulnerable, or simply in need of support, please know this: **You don't have to carry it all on your own.**

Whether you're struggling, seeking clarity, or just need someone to talk to, I'm here for you. You are welcome to reach out at any time, no explanation required, no judgment, just support.

Reach out when you're ready. Your well-being matters.



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