



Mini Self-Care Assessment



How to Complete the Assessment



Take a few moments to find a quiet space to assess each area of wellness using the following criteria:

- 3 - I do this frequently
- 2 - I do this occasionally
- 1 - I do this rarely
- 0 - I never do this
- ? - I never thought about this area of self-care

Why do we need to assess our self-care?

The first step of creating sustainable wellness practices is taking a moment to have a quick check-in with ourselves.

The following mini-assessment will help us to identify areas where our current wellness practices are working well and identify areas that may no longer be serving us.

Body	
Wear Clothes that Make Me Feel Good About Myself	
Eat Regularly (eg. Breakfast, lunch, and dinner)	
Get a Full Night Sleep	
Access Preventative Medical Care	
Engage in Physical Activities that Spark Joy	
Mind	
Engage in Activities that Comfort Me Regularly	
Recognize My Own Strengths and Achievements	
Attend to Minimizing Stress in My Life	
Engage My Intelligence in a New Area (eg. a new hobby)	
Cultivating Joy	
Soul	
Taking Time for Self-Reflection	
Identify and Prioritize Things that Give Meaning in My Life	
Spend Time in Nature or Spaces that Bring Calmness	
Take Time for Activities that Spark Inspiration	
Practice Self-Compassion	
Social	
Take Time to Talk with a Trusted Support Network	
Spend Time with Friends and Families	
Ask for Help from Loved Ones When I Need It	
Stay in Contact with People Most Important in My Life	
Only Engage in Social Activities As they Serve Me	
Professional	
Take Daily Scheduled Wellness Breaks	
Arrange My Workspace so it is Comforting & Comfortable	
Honor Work/Life Boundaries (eg. Check Email Only During Work Hours)	
Take Meaningful Time Off from Work to Replenish	
Create and Utilize Wellness Plans	