

# Self-Care Assessment

## PHYSICAL SELF-CARE

Rate the following areas in frequency:

5 – Frequently

4 – Occasionally

3 – Rarely

2 – Never

1 – It never occurred to me

I make sure to:

- ☐ Eat regularly (breakfast, lunch, dinner)
- ☐ Eat healthily
- ☐ Exercise
- ☐ Get regular medical care when needed
- ☐ Take time off when sick
- ☐ Get massages
- ☐ Take time to be intimate and/or sexual
- ☐ Get enough sleep
- ☐ Wear clothes I like
- ☐ Take vacations
- ☐ Take day trips or mini vacations
- ☐ Dance, swim, walk, run, play sports, sing or some activity that is fun

After completing this assessment, take some time to come up with one or two steps you can take to take better care of yourself physically.