

Self-Care Assessment

SPIRITUAL 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:

- ☐ Make time for reflection
- ☐ Spend time with nature
- ☐ Find a spiritual connection or community
- ☐ Be open to inspiration
- ☐ Cherish your optimism and hope
- ☐ Be aware of nonmaterial aspects of life
- ☐ Try at times not to be in charge or the expert
- ☐ Have experiences of awe
- ☐ Identify what is meaningful to you and notice its place in your life
- ☐ Read inspirational literature (talks, music, etc.)

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