

Self Care Assessment Worksheet

Name		Date	
<p>Give yourself a ranking for each of the self-care activities below on a scale from 0 to 3 ((0= I never do this; 1= I rarely do this; 2= I do this okay/sometimes; 3=I do this well/often). There may be some activities that are not applicable or valuable for you, and there may be some you want to improve on in your own life. For the activities you want to make an effort to improve on, check the “Want to improve” box.</p>			
		Ranking	Want to Improve
Physical			
Eat regularly			<input type="checkbox"/>
Eat nutritious foods			<input type="checkbox"/>
Take care of personal hygiene			<input type="checkbox"/>
Exercise			<input type="checkbox"/>
Get medical care to prevent health issues			<input type="checkbox"/>
Take time off when I'm sick			<input type="checkbox"/>
Get enough sleep			<input type="checkbox"/>
Psychological/Emotional			
Make time away from screens			<input type="checkbox"/>
Make time for self-reflection			<input type="checkbox"/>
Take time off work/obligations			<input type="checkbox"/>
Participate in hobbies			<input type="checkbox"/>
Learn new things			<input type="checkbox"/>
Do something comforting			<input type="checkbox"/>
Find things that make me laugh			<input type="checkbox"/>
Work on minimizing stress			<input type="checkbox"/>
Personal/Social			
Schedule dates with my partner/spouse			<input type="checkbox"/>
Spend time with people I like			<input type="checkbox"/>
Make time to see friends			<input type="checkbox"/>
Meet new people			<input type="checkbox"/>
Have stimulating conversations			<input type="checkbox"/>
Do enjoyable activities with other people			<input type="checkbox"/>
Keep in touch with old friends			<input type="checkbox"/>
Additional Notes			

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Name	Date	
	Ranking	Want to Improve
Spiritual		
Spend time in nature		<input type="checkbox"/>
Meditate		<input type="checkbox"/>
Pray		<input type="checkbox"/>
Set aside time to reflect on what is meaningful to you		<input type="checkbox"/>
Practice gratitude		<input type="checkbox"/>
Engage in creative activities		<input type="checkbox"/>
Appreciate art that is meaningful to you		<input type="checkbox"/>
Professional		
Develop my professional skills		<input type="checkbox"/>
Take breaks during the workday		<input type="checkbox"/>
Work on projects that are interesting or rewarding		<input type="checkbox"/>
Build relationships with my colleagues		<input type="checkbox"/>
Balance my workload		<input type="checkbox"/>
Make my workspace comfortable		<input type="checkbox"/>
Get regular supervision and reviews		<input type="checkbox"/>
Additional Notes		