

# 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. <b>For the activities you want to make an effort to improve on, check the "Want to improve" box.</b></p>			
		Ranking	Want to Improve
<b>Physical</b>			
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"/>
<b>Psychological/Emotional</b>			
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"/>
<b>Personal/Social</b>			
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"/>
<b>Additional Notes</b>			

# Self Care Assessment Worksheet (Page 2)

Name	Date	
	<b>Ranking</b>	<b>Want to Improve</b>
<b>Spiritual</b>		
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"/>
<b>Professional</b>		
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"/>
<b>Additional Notes</b>		