

# Your Self-Care Self Assessment

15 signs your body and soul are  
screaming out for self-care



# Answer these questions to discover if you could do with a little more self-care in your life

Y  S  N

tick Y (Yes), S (Sometimes) or N (No) next to the answer most like you

Q1. Do you take time out to relax each day?

Yes - I set aside time every day, just for me

Sometimes - it all depends on how busy my diary is

No, I find it really hard to relax when I've got so much to do

Q2. Do you get enough sleep each night?

Yes - I make sure I am well-rested each night

Sometimes - if I can get to bed early enough

No - I always feel exhausted

Q3. Do you exercise on a regular basis?

Yes - I have a regular exercise routine that I enjoy

Sometimes - whenever I get the urge

No - I am too tired to workout

## Questions 4-6

Y  S  N

tick Y (Yes), S (Sometimes) or N (No) next to the answer most like you

Q4. Do you ever spend time alone?

Yes - I make sure I have some alone time each day

Sometimes - if I can make it work out

No - I rarely ever have a moment alone

Q5. Do you have healthy eating habits?

Yes - I try to eat healthily, as often as possible

Sometimes - when I make a conscious effort

No - who has the time or money to eat healthily?

Q6. Do you allow yourself to have fun?

Yes - I spend a little time each day doing something I enjoy

Sometimes - if I have a few minutes spare

No - I can't remember the last time I did anything fun



## Questions 7-9

Y

S

N

tick Y (Yes), S (Sometimes) or N (No) next to the answer most like you

**Q7. Do you ever put yourself first?**

Yes - it's vital to take care of myself first, before everyone else

Sometimes - if no-one else needs me

No - I usually put everyone else's needs in front of my own

**Q8. Do you ever unplug from technology?**

Yes - I put my phone away for a little bit each day

Sometimes - like when I take nap

No - never! What if someone needs me, or I miss something?

**Q9. Do you spend much time outdoors?**

Yes - I try to get outside every day, as often as possible

Sometimes - like when I'm walking to my car, or popping to the shops

No - I spend most of my time indoors

## Questions 10-12

Y

S

N

tick Y (Yes), S (Sometimes) or N (No) next to the answer most like you

Q10. Do you agree that self-care is beneficial?

Yes - 100%. Self-care is so important to my overall health and wellbeing

Maybe - for people that have time to do it

No - it takes too much time, effort and money

Q11. Do you ever say 'no' when asked to do something?

Yes - when I feel as if it doesn't serve me

Sometimes - when I have the courage

No - never. It's hard for me to say no to anyone if they need my help

Q12. Do you ever ask for help?

Yes - anytime I feel overwhelmed

Sometimes - if it's not too much of a burden to others

No - I can handle everything on my own

## Questions 13-15

Y S N

tick Y (Yes), S (Sometimes) or N (No) next to the answer most like you

Q13. Are you genuinely happy with life?

Yes - I love my life and can always find things to be grateful for

Sometimes - when things are going right

No - life is tough. I find it really hard to be happy with who I am

Q14. Are you physically fairly healthy?

Yes - thankfully I hardly ever get poorly

Sometimes - although I never feel like I'm operating at 100%

No - I'm always coming down with something or other

Q15. Do you ever treat yourself with small gifts?

Yes - I make an effort to regularly treat myself in small ways

Sometimes - but I don't really need or want anything

No - I can't afford to treat myself to anything

# Your answers & next steps

For those questions to which you answered YES:

- keep doing what you are doing in these areas, to keep your self-care routine strong

For those questions to which you answered SOMETIMES or NO:

- it's time to assess what changes you can make to start developing a self-care routine that works for you

Perhaps you'd like to experiment: try focusing on one of the questions you answered SOMETIMES or NO to, and make some changes - choose that one that appeals to you most, to begin with

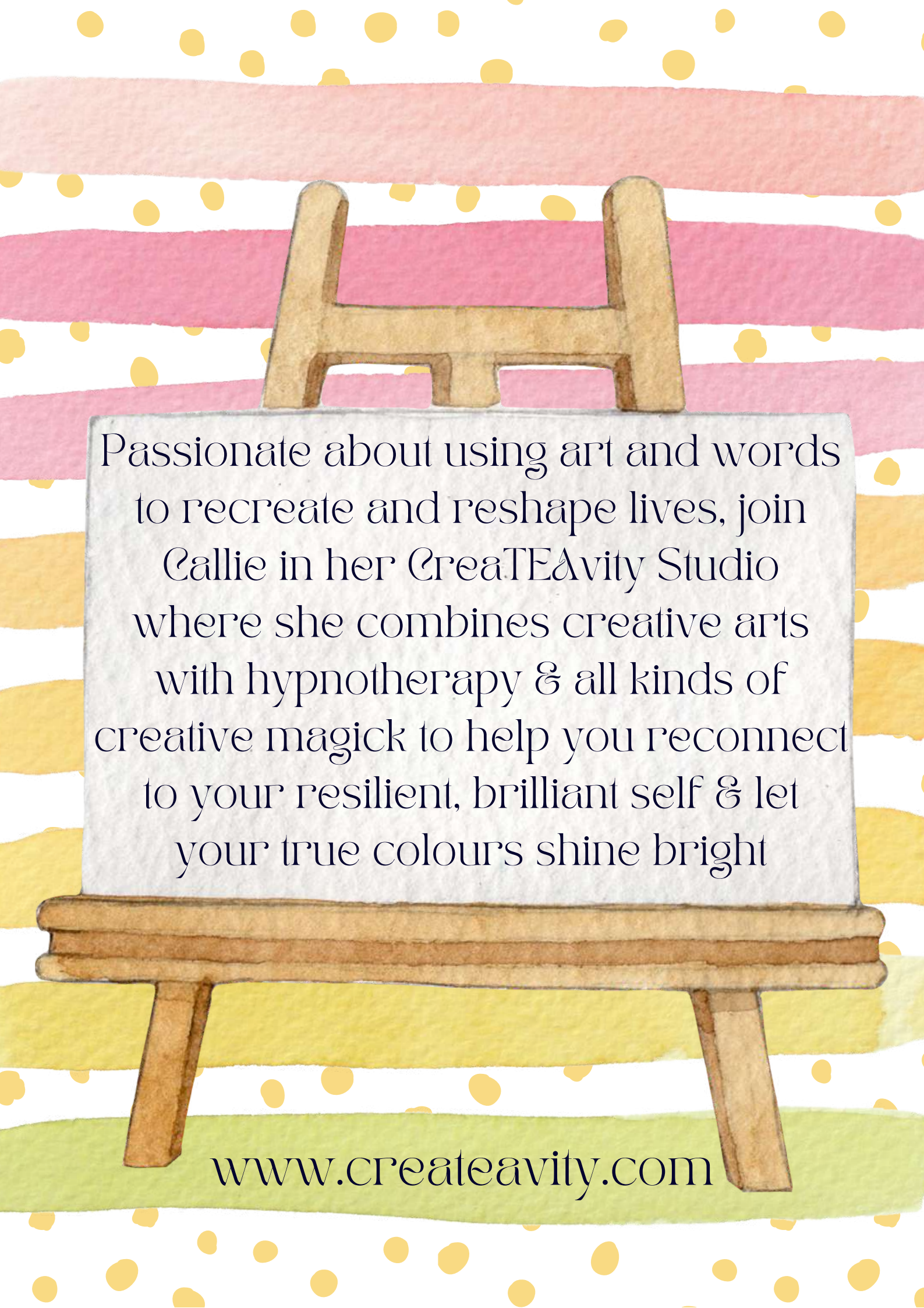
Changes don't have to be life-altering; start small - add one new habit a week

Schedule some alone time, or take a 15-minute walk without your phone. Allow yourself the time and space to do something just for the fun of it. Putting yourself first once in a while - and starting to take the steps to prioritise self-care in your life - will greatly help you to develop a life-changing self-care routine

Consider booking a session with Callie, to help unravel any blocks you may have in prioritising you and your wellbeing:

<https://callie.as.me> to book in for a chat & think about next steps





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