



Let Us Help You to Be Healthier

Being healthier is not an easy task in this busy world. So we thought we would create something very simple to help you. Self-care begins with learning the areas in which we are strong and those areas we need to improve. This can help you choose where you need to make more of an effort.

Instructions: Allow 5-10 minutes to complete this self-assessment. Sit quietly and without interruptions. Rate yourself on the how often you practice each statement.

1 = It never occurred to me 2 = Never 3 = Rarely 4 = Occasionally 5 = Frequently

BODY

1	2	3	4	5

- Eat healthy foods.
- Drink enough water.
- Exercise for 20 minutes a day 4 times a week.
- Wear clothing that helps me feel good about myself.
- Have some quiet time.

MIND

1	2	3	4	5

- Exercise my curiosity and imagination.
- Look for positive programs and news.
- Take the time to read.
- Treat myself and others with kindness.
- Believe in my dreams.

EMOTIONS

1	2	3	4	5

- Feel gratitude every day.
- Compliment people as much as I can.
- Feel valued by those who are close to me.
- Name and express my emotions openly.
- Care for a child, elder, animal or another.

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WORK

1	2	3	4	5

- Experience a sense of meaning in my work.
- Have opportunity to grow my skills and experience.
- Have confidence in my ability to address challenges.
- Have someone to help me when I need guidance.
- Set limits or boundaries with others effectively.

SOCIAL/FAMILY

1	2	3	4	5

- Spend quality time with people I respect and love.
- Have a dependable person who really listens to me.
- Have supportive family and friends close by.
- Have meaningful conversations.
- Do something fun with others at least once a week.

Choose the 3 most important statements to improve right now. What is your plan to improve each?

1. _____

2. _____

3. _____

Ask someone you trust to be your Accountability Partner. Share your ratings, discuss your most important improvements and plan, and ask them to help keep you on track!

Your Accountability Partner: _____