

Self-Care Assessment

Self-care activities are the things you do to maintain your physical, mental and emotional health. More so, they are the things that you do, to raise your energy, build resilience and alter how you show up in your life. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently or how well you are performing different activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. Some activities may hold no interest for you while other activities may not be included in this form. This list is not comprehensive but serves as a spring board for thinking about your self-care needs.

1	I do this poorly	I do this rarely or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
★	I would like to improve on this	I would like to do this more frequently

1 2 3 ★ Physical Self-Care

- Eat healthy foods
- Take care of personal hygiene
- Exercise
- Wear clothes that help me feel good about myself
- Eat regularly
- Participate in fun activities (eg: walking, swimming, dancing, sports)
- Get enough sleep
- Go to preventative medical appointments (eg: checkups, teeth cleaning)
- Rest when sick
- Overall physical self-care

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1 2 3 ★ **Mental/Emotional Self-Care**

- Take time off from work, school and other obligations
- Participate in hobbies
- Get away from distractions (eg: phone, email)
- Learn new things unrelated to work or school
- Express my feelings in a healthy way (eg: talking, creating art, journaling)
- Recognize my own strengths & achievements
- Go on vacations or day-trips
- Do something comforting (eg: watch a favourite movie, take a long bath)
- Find reasons to laugh
- Talk about my problems
- Overall psychological/mental/emotional self-care

1 2 3 ★ **Social Self-Care**

- Spend time with people I like
- Call or write to friends and family who are far away
- Have stimulating conversations
- Meet new people
- Spend time alone with my romantic partner
- Ask others for help, when needed
- Do enjoyable activities with other people
- Have intimate time with my romantic partner
- Keep in touch with old friends
- Overall social self-care

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Self-Care Assessment

1 2 3 ★ Spiritual Self-Care

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Spend time in nature |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Meditate |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Pray |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Recognize the things that give meaning to my life |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Act in accordance with my morals and values |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Set aside time for thought and reflection |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Participate in a cause that is important to me |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Appreciate art this is impactful to me (eg: music, film, literature) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Reflect on my purpose or life meaning |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Overall spiritual self-care |

1 2 3 ★ Professional Self-Care

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Improve my professional skills |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Say “no” to excessive new responsibilities |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Take on projects that are interesting or rewarding |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Learn new things related to my profession |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Make time to talk and build relationships with colleagues |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Take breaks during work |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Maintain balance between my personal and professional life |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Keep a comfortable workspace that allows me to be productive & successful |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Advocate for fair pay, benefits and other needs |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Overall professional self-care |

My hope is that this resource has been valuable in shedding light on those areas where you can enhance your self-care. If you have any questions about this, please email me at info@katrinamurphycoaching.com.

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