



Self-Care Assessment

Here's a 60-question self-care assessment designed to help you evaluate your self-care practices across four key areas: physical, psychological, spiritual, and emotional.

This self-care assessment helps you take a closer look at your habits and identify areas where you may need more attention or improvement. By reflecting on your answers and documenting specific actions, you can create a personalized plan for enhancing your overall well-being.

There are 60 questions, check if doing well. The final section will help you identify your top 3 actions for each area.

Physical Self-Care

- ☐ Do you engage in regular physical exercise (at least 3 times a week)?
- ☐ Do you prioritize sleep, aiming for 7-9 hours each night?
- ☐ Do you hydrate regularly throughout the day?
- ☐ Do you eat a balanced diet that includes fruits, vegetables, and whole grains?
- ☐ Do you schedule regular check-ups with your healthcare provider?
- ☐ Do you avoid smoking or using tobacco products?
- ☐ Do you limit alcohol consumption to moderate levels (e.g., 1-2 drinks per day)?
- ☐ Do you practice good hygiene habits (e.g., brushing teeth, showering)?
- ☐ Do you make time for relaxation and stress-reduction activities (e.g., meditation, stretching)?
- ☐ Do you have a routine to manage any chronic health conditions or medications?

- ☐ Do you take breaks throughout the day to stretch or move, especially if you have a sedentary job?
- ☐ Do you protect your skin from excessive sun exposure (e.g., using sunscreen)?
- ☐ Do you get regular dental check-ups and cleanings?
- ☐ Do you monitor your weight and make adjustments to stay within a healthy range?
- ☐ Do you maintain a comfortable and ergonomic living or work environment?

Psychological Self-Care

- ☐ Do you set aside time for activities that promote mental stimulation (e.g., reading, learning)?
- ☐ Do you practice positive self-talk or affirmations to boost your confidence?
- ☐ Do you challenge negative thoughts or beliefs that arise in your mind?
- ☐ Do you engage in mindfulness practices (e.g., meditation, breathing exercises)?
- ☐ Do you limit your exposure to negative media or stressful news?
- ☐ Do you make time for hobbies or interests that bring you joy?
- ☐ Do you set realistic and achievable goals for yourself?
- ☐ Do you regularly engage in activities that promote creativity or problem-solving?
- ☐ Do you seek professional counseling or therapy when needed?
- ☐ Do you take time to rest and mentally recharge when feeling overwhelmed?
- ☐ Do you engage in activities that help you stay organized and reduce mental clutter?
- ☐ Do you make an effort to keep learning or acquiring new skills?
- ☐ Do you regularly reflect on your personal growth and progress?
- ☐ Do you practice gratitude or keep a journal to note things you're thankful for?
- ☐ Do you make time to relax and disconnect from digital devices or work?

Spiritual Self-Care

- ☐ Do you practice spiritual or religious rituals that bring you peace?
- ☐ Do you engage in regular reflection or meditation to deepen your sense of connection?
- ☐ Do you spend time in nature to connect with the world around you?
- ☐ Do you engage in regular activities that nurture your sense of purpose or meaning?
- ☐ Do you participate in community or spiritual groups for support and connection?
- ☐ Do you make time to express compassion and kindness toward others?
- ☐ Do you engage in activities that help you feel grounded or centered (e.g., prayer, yoga)?
- ☐ Do you take time to explore or read about spiritual practices or beliefs?
- ☐ Do you set aside time for contemplation or journaling about your spiritual journey?
- ☐ Do you feel a sense of belonging in a spiritual community or practice?
- ☐ Do you practice forgiveness, letting go of past hurts or grudges?
- ☐ Do you engage in rituals or traditions that connect you to your heritage or ancestors?

- ☐ Do you make time to give back to your community through service or charity?
- ☐ Do you practice mindfulness or presence in your daily activities?
- ☐ Do you make time for quiet moments of reflection or prayer?

Emotional Self-Care

- ☐ Do you take time to identify and process your emotions (e.g., journaling, talking to someone)?
- ☐ Do you allow yourself to express your emotions in healthy ways?
- ☐ Do you create and maintain healthy boundaries with others to protect your emotional well-being?
- ☐ Do you nurture positive and supportive relationships with family and friends?
- ☐ Do you seek emotional support when you're feeling stressed or upset?
- ☐ Do you make time for activities that bring you joy and pleasure (e.g., hobbies, entertainment)?
- ☐ Do you engage in activities that help you feel connected to others (e.g., social events, clubs)?
- ☐ Do you practice self-compassion and allow yourself to be imperfect?
- ☐ Do you make time for relaxation techniques that help you unwind (e.g., bubble baths, massages)?
- ☐ Do you prioritize spending time with people who uplift and support you?
- ☐ Do you recognize and address your emotional needs without feeling guilty?
- ☐ Do you communicate your feelings with others in a clear and healthy manner?
- ☐ Do you take breaks from stressful situations to manage emotional overload?
- ☐ Do you engage in activities that help you express your emotions creatively (e.g., art, writing)?
- ☐ Do you take time to celebrate your achievements, big or small, to boost emotional well-being?

Section: Top 3 Actions for Each Area

Physical Self-Care

1. What are the top 3 actions you will focus on to improve your physical self-care?

Psychological Self-Care

2. What are the top 3 actions you will focus on to improve your psychological self-care?

Spiritual Self-Care

3. What are the top 3 actions you will focus on to improve your spiritual self-care?

Emotional Self-Care

4. What are the top 3 actions you will focus on to improve your emotional self-care?

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