

Self-Care Quiz

The quiz below is just a tool for assessing self-care. It is not a comprehensive list, but a good place to start to help you identify and become aware of the elements needed to take care of yourself. It's not intended to be a tool to make you feel bad or scold yourself. After you complete the quiz, look for patterns and opportunities to grow. Are there areas you're better at taking care of yourself than others? Are there elements you'd like to practice more? Are there items not included that are a healthy way to take care of yourself?

Rate the areas below according to how often you do the following:

5 - I do this well/frequently

4 - I do this frequently, but
could do it more often

3 - I do this OK/Sometimes

2 - I occasionally do this

1 - I never do this

0 - This never occurred to me

	Rating
I take time for myself every day	
I take care of myself: <input type="checkbox"/> I get 8-10 hours sleep/night <input type="checkbox"/> I brush and floss my teeth twice/day	
I spend time with close friends at least every two weeks	
I make time for quiet reflection (spirituality, meditation, walk without music, etc.)	
I eat three meals/day	
I enjoy hobbies, extracurricular activities or clubs (in or out of school)	
I watch less than 1 hour of TV, videos or streaming per day	
I spend less than 1-2 hours/day surfing the internet, social media, etc.	
I exercise at least 5 days a week for 30 minutes or more	
I eat approximately 5 servings of vegetables and fruit each day	
I drink 6-8 glasses of water each day	
I limit the amount of junk food /fast food I eat	
I have a quiet place for homework, free of distractions	
I have good hygiene – hair, nails and appearance are good, bath daily, etc.	
I wear clean clothes, use deodorant, etc.	
I have a relaxing routine before bed and when I get ready in the morning	
I usually know how I'm feeling and what I need	
I'm organized which helps me manage my time and reach my goals	
I have goals and know what is important to me including my beliefs and values	
Know how to set boundaries with others, too many responsibilities, etc.	
Share fears, hopes or secret with someone I trust	
I'm kind to myself, even in during stressful times (eat right, rest, positive thoughts)	
Strive for balance among school, family, friends, bf/gf, play time and rest	
Make time to take a day off, vacation, etc.	
Total Score:	

- 96-120 Way to go! You are taking excellent care of yourself. Now you can delve further into things you enjoy most, staying organized to reduce as many stressors as you can and taking time to relax.
- 72-95 You know how to take care of yourself. Now, you just need to do it consistently. Would it help to track your daily self-care? What can you do that would allow for some of these self-care habits to happen regularly?
- 48-71 You value yourself, but can you prioritize self-care a bit more? Set an evening just for you every week with no outside obligations. Turn off the TV/Facebook/the internet after an hour of watching/surfing, etc. Find time to unwind unplugged at least a few days a week. What is one area of self-care you'd like to improve? Practice it until it becomes a habit, then move onto another one.
- 25-47 Do you have a lot of responsibilities and struggle to find time to take care of yourself? Talk with your family and friends about how you want to start taking better care of yourself. Is there a way you can use your friends and family to build in time for yourself care? If they are supportive, see if they are open to having you be accountable to them. Which thing from the above checklist do you think would have the most impact on your energy and wellbeing? Work on that action until it becomes a habit. Taking steps to take better care of yourself will help you to be a more, authentic, energetic you.
- 0-24 What is limiting you from taking care of yourself? Are there other things you're prioritizing instead? It's hard to be a vibrant, authentic, energetic you when you're tired, stressed and/or stretched thin. What is one thing you can cut out that will give you time to do things that help you feel better? Pick something small to work on - maybe you can drink one more glass of water or take 5 minutes alone – then build from there.