

SELF-CARE ASSESSMENT

Your Self Care
Transformation begins
here!



Thank you for taking the time for
yourself.
You're already following a self-love
practice!

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The following self-care assessment
will take you only a couple of minutes
to complete.

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Please, answer spontaneously and
select the one that resonates the
most with you. The goal is to know
exactly where you stand :).

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When you click on the square a
check will appear.

-

Once you've finished, save it and
send it back to me at
sherri@sherridanzig.com

Name:

Best contact information (email/phone)

*If it's a phone, and you're outside the USA please leave the country code.

How do you spend your evenings or non-work hours?

- ☐ I usually catch up with office or housework.
- ☐ I 'veg out' in front of the TV, often exhausted.
- ☐ I spend time on one of my hobbies.
- ☐ I am busy with family or community projects.

What is your idea of a fun weekend?

- ☐ Doing nothing, catching up on sleep.
- ☐ It's been so long since I had fun, I have no idea.
- ☐ Spending time with friends & family, hanging out sharing lots of laughs.
- ☐ Going on an adventure somewhere out of town.

How would you best describe your morning routine?

- ☐ I hit the snooze button several times, need several cups of coffee to get myself going, rush around getting myself (and others) ready for the day.
- ☐ I wake up rested and at peace, making time for some self-care.
- ☐ I am grouchy and everyone knows I need my space in the morning.

What were you taught about Self Care as a child?

- ☐ It was never spoken of, I had very little concept of it growing up.
- ☐ Self-Care is indulgent, something only for special occasions.
- ☐ The role of a parent is to always put your children and everyone else's needs first.
- ☐ It was modeled, valued, and encouraged.

What best describes how you deal with stress?

- ☐ I am very emotional and commonly feel bad after over-reacting in a stressful situation.
- ☐ I keep my feelings locked inside, no one knows how I am feeling.
- ☐ I have learned coping measures that help me problem-solve very effectively.
- ☐ I always look for the 'silver lining' so very little ruffles my feathers.

When you catch your reflection in the mirror, what do you see?

- ☐ I think I am pretty and feel good about myself, with a sense of pride.
- ☐ I immediately see the things that I have never liked about myself.
- ☐ Overall, I am accepting though I make a mental list of what I need to fix.
- ☐ A tired, stressed woman, I hardly recognize.

How would you rate your physical health?

- ☐ Fairly healthy and health-conscious although I could lose some weight.
- ☐ Low-energy, dealing with pain on a semi-regular basis.
- ☐ Energetic, active, strong, healthy.

When you are involved in planning a group activity with friends or family, how much of a say do you typically have in what is planned?

- ☐ I am usually the one in charge and make most of the decisions.
- ☐ I go along with what everyone else wants to do, I hate confrontation and rarely state my preferences.
- ☐ I am easy to please. Whatever the majority wants I am happy to do.
- ☐ I am frequently angry with the plans, arguments are often a part of the process.

How closely does your life revolve around your dreams and aspirations?

- ☐ I have little time to even think about my dreams, let alone know what they are.
- ☐ I gave up on my dreams years ago although I am grateful for my life as it is.
- ☐ I have a plan I am following to reach every goal and all of my dreams.
- ☐ I believe in my dreams although my current life is far from it.

If you play a game (a sport, card, or board) with someone close to you and you lose, how do you feel?

- ☐ I enjoy playing the game regardless; it doesn't matter whether I win or lose.
- ☐ I am very competitive; if I lose, I am grumpy.
- ☐ I am very competitive though if I have played my best, I feel fine about losing.
- ☐ I am not surprised when I lose; I knew the person was better than me.

How would you rate your quality of personal relationships?

- ☐ I have several good friends and relationships whom I feel very close to.
- ☐ I am social but I do not have anyone I trust to confide in.
- ☐ I am very shy and find it hard to make friends.
- ☐ I have good friends but we rarely connect.

How would you rate your ability to set relationship boundaries?

- ☐ I find it difficult to say no to the people who count on me.
 - ☐ I find it easy to set healthy boundaries in all of my relationships.
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How would you best describe your bedtime routine?

- ☐ I fall asleep most nights in front of the TV and eventually crawl into bed.
 - ☐ I take time to wind down and relax in some way every night.
 - ☐ I work right up to bedtime and finally go to bed after midnight.
 - ☐ I have a hard time winding down even though I am exhausted at night.
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How often do you make time to seek out a relaxing activity?

- ☐ Everyday I make time to do something relaxing.
 - ☐ On rare occasion, I find the time to do something relaxing.
 - ☐ At least once a week on the weekend, I do something relaxing.
 - ☐ It is difficult for me to relax.
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How satisfied are you with your performance at work?

- ☐ I am burned out and my performance shows it.
 - ☐ I am killing it at work and yet I am unfulfilled.
 - ☐ I love what I do and my performance shows it.
 - ☐ I often feel overwhelmed at work and it is affecting my performance.
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How much time do you spend worrying?

- ☐ Very rarely and not for long.
- ☐ Almost all the time it seems I am worried about something.
- ☐ Occasionally though when I do I have a hard time letting it go.





Answer this electronically and email it
back to



sherri@sherridanzig.com

