

Self Care Assessment Worksheet

Name	Date	
Give yourself a ranking for each of the self-care activities below on a scale from 0 to 3 ((0= I never do this; 1= I rarely do this; 2= I do this okay/sometimes; 3=I do this well/often). There may be some activities that are not applicable or valuable for you, and there may be some you want to improve on in your own life. For the activities you want to make an effort to improve on, check the "Want to improve" box.		
	Ranking	Want to Improve
Physical		
Eat regularly		☐
Eat nutritious foods		☐
Take care of personal hygiene		☐
Exercise		☐
Get medical care to prevent health issues		☐
Take time off when I'm sick		☐
Get enough sleep		☐
Psychological/Emotional		
Make time away from screens		☐
Make time for self-reflection		☐
Take time off work/obligations		☐
Participate in hobbies		☐
Learn new things		☐
Do something comforting		☐
Find things that make me laugh		☐
Work on minimizing stress		☐
Personal/Social		
Schedule dates with my partner/spouse		☐
Spend time with people I like		☐
Make time to see friends		☐
Meet new people		☐
Have stimulating conversations		☐
Do enjoyable activities with other people		☐
Keep in touch with old friends		☐
Additional Notes		

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Name		Date	
		Ranking	Want to Improve
Spiritual			
Spend time in nature			☐
Meditate			☐
Pray			☐
Set aside time to reflect on what is meaningful to you			☐
Practice gratitude			☐
Engage in creative activities			☐
Appreciate art that is meaningful to you			☐
Professional			
Develop my professional skills			☐
Take breaks during the workday			☐
Work on projects that are interesting or rewarding			☐
Build relationships with my colleagues			☐
Balance my workload			☐
Make my workspace comfortable			☐
Get regular supervision and reviews			☐
Additional Notes			