

## Quick Self-care Self-assessment

For each statement, check the ONE answer that most closely agrees with your opinion. Try to be as honest as you can with your answers ... and you will clearly see where you need to focus your self-care efforts!

Strongly Agree  Strongly Disagree

	5	4	3	2	1
1. I'm getting good quality sleep (about 8 hrs per night)					
2. I'm taking some time for myself every day					
3. I'm eating nourishing food and drinking enough water					
4. I'm moving my body every day for at least 10 minutes					
5. I'm listening, reading or watching something that is enlightening, every day					
6. I feel I could use more "self-care" in my daily life					

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