

Assessing the Areas of Self-Care

Score each area of self-care using the assessment below. One is the lowest and ten is the highest. Think about which area you would like to see growth in by visualizing steps to move up one or two spots. For example, if you scored yourself a four in Social, think about what steps you would take to move your score up to a five or six.



Area of Self-Care

My Score

Emotional

Environmental

Financial

Intellectual

Physical

Professional

Social

Spiritual
