

Self-Care Evaluation

I take time for myself every day.	5	4	3	2	1
I make time for spirituality, mindfulness, or religion in any form.	5	4	3	2	1
I limit the amount of TV I watch each day.	5	4	3	2	1
I limit the amount of gaming, Youtube, or internet surfing I do each day.	5	4	3	2	1
I exercise at least 5 days a week for 30 minutes.	5	4	3	2	1
I drink 6-8 glasses of water each day.	5	4	3	2	1
I get 8-10 hours of sleep every night.	5	4	3	2	1
I brush AND floss my teeth.	5	4	3	2	1
I practice good hygiene (shower, brush hair, etc.).	5	4	3	2	1
I eat approximately 5 fruits and veggies a day.	5	4	3	2	1
I limit junk food/fast food consumption.	5	4	3	2	1
I generally wear clean clothes.	5	4	3	2	1
I get together outside of school with a friend at least once a month and enjoy hobbies.	5	4	3	2	1
I have a relaxing routine before bed and a nurturing morning routine.	5	4	3	2	1
I usually know what I need and what I am feeling.	5	4	3	2	1
My organized environment supports my goals.	5	4	3	2	1
I take breaks and have something to look forward to every evening.	5	4	3	2	1
I know what I am passionate about.	5	4	3	2	1

Total Score:

Score Descriptions

72-90: You take excellent care of yourself! Now think about things that will help you find even more joy in life. What steps can you take toward simplifying your daily activities and removing unnecessary stressors?

54-71: You often take good care of yourself, but not always. How can you be more consistent in self-care routines? Would it help to track your daily activities? What can you do to prioritize your time?

36-53: You may care about yourself, but not enough to show it. Pick one day each week to focus on family, friends, and joy. Turn off the TV and internet. Set your "To-Do" list aside and begin forming better habits - one at a time.

18-35: You feel guilty every time you care for yourself. Ask your family and friends how you can start taking better care. Engaging in more positive activities will rejuvenate your emotional health and give you more energy. Set a goal to form better habits and report daily to a friend to hold yourself accountable for growth.

0-17: Your actions show that you don't care for yourself. What are you prioritizing instead? Involve your family and friends in making better choices about your health. You'll find that taking part in more positive activities will rejuvenate your life and increase your energy. Take small daily steps toward a better life by setting progressive goals.



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