



# Self-Care Assessment Test

Evaluate Your Level Of  
Self-Care Practices

# Assessment Questions

## PART 1

1. Can you make and take time for you without feeling pangs of guilt?

Yes \_\_\_\_\_

No \_\_\_\_\_

2. Are your leisure activities a priority in your life?

Yes \_\_\_\_\_

No \_\_\_\_\_

3. Do you know what your needs are?

Yes \_\_\_\_\_

No \_\_\_\_\_

4. Do you take care of your needs and desires?

Yes \_\_\_\_\_

No \_\_\_\_\_

5. Do you regularly make some time for "me time"?

Yes \_\_\_\_\_

No \_\_\_\_\_

6. Do you feel okay about sometimes slowing down?

Yes \_\_\_\_\_

No \_\_\_\_\_

7. Do you understand the difference between self-indulgence and self-care?

Yes \_\_\_\_\_

No \_\_\_\_\_

8. Do you feel as though you deserve self-care?

Yes \_\_\_\_\_

No \_\_\_\_\_

## PART 2

1. Do you say yes to requests from others when it is best for you to say no?

Yes \_\_\_\_\_

No \_\_\_\_\_

2. Do you constantly worry about everyone else, and not about yourself?

Yes \_\_\_\_\_

No \_\_\_\_\_

3. Do you do things that you really don't want to do, or that will over extend you?

Yes \_\_\_\_\_

No \_\_\_\_\_

4. Are you running on empty?

Yes \_\_\_\_\_

No \_\_\_\_\_

5. Are you stressed out a lot of the time?

Yes \_\_\_\_\_

No \_\_\_\_

6. Are you overwhelmed?

Yes \_\_\_\_

No \_\_\_\_

7. Do you suffer from headaches?

Yes \_\_\_\_

No \_\_\_\_

8. Do you suffer from insomnia?

Yes \_\_\_\_

No \_\_\_\_

9. Are you chronically tired and have a lack of energy?

Yes \_\_\_\_

No \_\_\_\_

10. Do you crave and eat junk food often, and especially during times of stress?

Yes \_\_\_\_

No \_\_\_\_

## Score Your Results

### A) Part 1

Each NO answer = 1 point

Each YES answer = 0 points

### Add up your score for Part 1

Total Score Part 1: \_\_\_\_\_

### B) Part 2

Each NO answer = 0 points

Each YES answer = 1 point

### Add up your score for Part 2

Total Score Part 2: \_\_\_\_\_

### C) Add up both scores for Part 1 and Part 2

Total Score Part 1 + Part 2 = \_\_\_\_\_

## RESULTS

If you scored 6 or more points, you can benefit from addressing your self-care practices and making a self-care plan.

The higher your point value, the more imperative it is that you address your self-care needs.

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