

SELF ASSESSMENT

To what extent do you do these activities? (0 not at all, 5 is daily/regularly)

Physical

Eat healthy meals	0	1	2	3	4	5
Eat regularly	0	1	2	3	4	5
Exercise regularly	0	1	2	3	4	5
Access medical care as routine	0	1	2	3	4	5
Take time off when sick	0	1	2	3	4	5
Get 8+ hours of sleep	0	1	2	3	4	5

SubTotal _____

Psychological

Take time off and get away	0	1	2	3	4	5
Turn off the phone, mail, social media	0	1	2	3	4	5
Take time for personal development	0	1	2	3	4	5
Engage in enjoyable (non work) activities	0	1	2	3	4	5
Actively minimize stress	0	1	2	3	4	5
Set/follow healthy boundaries	0	1	2	3	4	5

SubTotal _____

Emotional

Spend time w/non work family/friends	0	1	2	3	4	5
Connect w/important people in your life	0	1	2	3	4	5
Celebrate when you have done well	0	1	2	3	4	5
Seek out positive people and activities	0	1	2	3	4	5
Seek support when stressed	0	1	2	3	4	5
Silence your inner critic	0	1	2	3	4	5

SubTotal _____

Spiritual

Pray/meditate/reflect	0	1	2	3	4	5
Spend time in natural environments	0	1	2	3	4	5
Connect to community with shared values	0	1	2	3	4	5
Experience inspiration/creativity	0	1	2	3	4	5
Engage in meaningful activities	0	1	2	3	4	5
Participate in causes (non-work related)	0	1	2	3	4	5

SubTotal _____

Relationships

Schedule regular time for significant others	0	1	2	3	4	5
Connect in person with friends and family	0	1	2	3	4	5
Allow others to do things for you	0	1	2	3	4	5
Meet new people who inspire you	0	1	2	3	4	5
Ask for help when you need it	0	1	2	3	4	5
Share your feelings, stress, and joys	0	1	2	3	4	5

SubTotal _____**Workplace**

Take breaks	0	1	2	3	4	5
Set uninterrupted time to complete tasks	0	1	2	3	4	5
Set boundaries	0	1	2	3	4	5
Get training/development	0	1	2	3	4	5
Participate in peer support	0	1	2	3	4	5
Take my PTO w/o checking in/emails	0	1	2	3	4	5

SubTotal _____**Overall balance**

Balance structure/flexibility	0	1	2	3	4	5
Balance work and rest	0	1	2	3	4	5
Balance connection/solitude	0	1	2	3	4	5
Balance giving/receiving	0	1	2	3	4	5
Balance activities/stillness	0	1	2	3	4	5
Balance teaching/learning	0	1	2	3	4	5

SubTotal _____**Insert Subtotals here:**

Physical _____

Psychological _____

Emotional _____

Spiritual _____

Relationships _____

Workplace _____

Overall balance _____

Grand Total _____**Divide total/210** _____ **X 100 = score**

95 -100 Fantastic! Keep up the great work!

85-95 Pretty good. You have some room to grow.

75-85 You may want to take some time to reflect on what change is needed.

65-75 Caution. It's time to care for yourself.

Below 65. Please make time to develop a self care plan.