



Journey To Real Vision

SELF-CARE QUIZ

Use this quiz to determine your current relationship with these self-care activities. Using the scale below, determine the frequency of the following:

3 = Frequently

2=Sometimes

1=Rarely

- I get at least 6-8 hours of sleep per night
- I take breaks when I am at work
- I eat nutritious and healthy foods
- I spend time in nature
- I exercise at least 20 minutes per day, 3-4 times per week
- I take at least 1 vacation per year
- I have at least 1 hobby that brings out my creativity
- I meditate daily
- I write in my journal every single day
- I engage in wellness rituals frequently (massages, facials, hair, nails, etc.)

SCORE:

21-30 You are doing a great job at taking care of yourself!

11-20 You are doing a so-so job at taking care of yourself. You could engage in more activities that focuses on your self-care. Remember you are important!

1-10 You are not making you a priority! You need to do some additional courses and make a commitment to spending more time with YOU! You could also benefit from coaching.