

Self-Care Assessment Worksheet

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Self-care activities are the things you do to maintain good health and improve well-being. This worksheet helps you reflect on your self-care habits by spotting patterns and recognizing areas that may need improvement. There are no right or wrong answers – use this as a guide for reflection.

How to Use This Worksheet

1	I do this rarely or not at all
2	I do this sometimes
3	I do this often
★	I would like to improve at this

Physical Self-Care

1	2	3	★	Question
■	■	■	■	I eat nourishing foods.
■	■	■	■	I maintain personal hygiene.
■	■	■	■	I stay physically active (walking, sports, dancing).
■	■	■	■	I wear clothes that make me feel good.
■	■	■	■	I eat meals at regular times.
■	■	■	■	I do physical activities for fun.
■	■	■	■	I get enough sleep.
■	■	■	■	I go for routine health check-ups.
■	■	■	■	I rest when feeling unwell.

Emotional Self-Care

1	2	3	★	Question
■	■	■	■	I take breaks from responsibilities.
■	■	■	■	I make time for hobbies.
■	■	■	■	I step away from screens and distractions.
■	■	■	■	I learn something new unrelated to work.
■	■	■	■	I express my feelings in a healthy way.
■	■	■	■	I celebrate my achievements.
■	■	■	■	I take short trips or getaways.
■	■	■	■	I do comforting activities (bath, music, show).
■	■	■	■	I find reasons to laugh.

■	■	■	■	I talk openly about my problems.
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Social Self-Care

1	2	3	★	Question
■	■	■	■	I spend time with supportive people.
■	■	■	■	I keep in touch with faraway friends/family.
■	■	■	■	I have meaningful conversations.
■	■	■	■	I meet and connect with new people.
■	■	■	■	I spend quality time with my partner.
■	■	■	■	I ask for help when I need it.
■	■	■	■	I do enjoyable activities with others.
■	■	■	■	I maintain intimacy with my partner.
■	■	■	■	I reconnect with old friends.

Spiritual Self-Care

1	2	3	★	Question
■	■	■	■	I spend time outdoors in nature.
■	■	■	■	I practice meditation or reflection.
■	■	■	■	I pray or engage in spiritual practices.
■	■	■	■	I focus on what gives my life purpose.
■	■	■	■	I make choices that align with my values.
■	■	■	■	I set aside time for reflection.
■	■	■	■	I participate in meaningful causes.
■	■	■	■	I enjoy art, music, or literature that inspires me.

Professional Self-Care

1	2	3	★	Question
■	■	■	■	I improve my professional skills.
■	■	■	■	I set healthy limits on responsibilities.
■	■	■	■	I take on meaningful projects.
■	■	■	■	I continue learning in my field.
■	■	■	■	I build relationships with colleagues.
■	■	■	■	I take breaks during work.
■	■	■	■	I balance work and personal life.
■	■	■	■	I maintain a comfortable workspace.

■	■	■	■	I advocate for fair pay and treatment.
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Scoring & Interpretation

Add your scores for each section (1 = Rarely, 2 = Sometimes, 3 = Often). Write your total for each area below: • Physical: ____ / 27

- Emotional: ____ / 30
- Social: ____ / 27
- Spiritual: ____ / 24
- Professional: ____ / 27

Interpretation:

- 0–40% = Needs serious monitoring
- 41–70% = Needs improvement
- 71–100% = Looks good

Need support in improving your self-care?

Visit: <https://psychicare.com/our-team/>