



## SELF-CARE NEEDS REVIEW

This questionnaire aims to identify your needs and the areas where you may need to take better care of yourself. Complete the questionnaire by first scoring each item out of 10. Then consider what you need in each area to raise your score.

Respond honestly and go with your initial impression or gut feeling when scoring the items. Also remember that the score should reflect how you are actually feeling now – not how you *want to* or *should* feel.

Self-care areas	How satisfied am I currently in this area? (1=low; 10=high)	What do I need? What would raise my score?
My physical health	/ 10	
My emotional / mental health	/ 10	
My physical appearance	/ 10	
My energy levels	/ 10	
My friendships	/ 10	
My home environment	/ 10	
My workspace	/ 10	
My finances	/ 10	
Play and recreation	/ 10	
Leisure and relaxation	/ 10	
Feeling loved and appreciated	/ 10	
Feeling accepted and understood	/ 10	
Feeling heard and seen	/ 10	
Feeling connected to myself	/ 10	
Personal growth	/ 10	
Being challenged and stretched	/ 10	
Feeling inspired	/ 10	
Self-knowledge and -awareness	/ 10	
Other: .....	/ 10	



Answer the following questions honestly.

What surprised you most about your responses?

What patterns or themes do you notice?

Finally, write down one action you will take this week to take better care of yourself: