

Self Assessment

Rate the following areas according to how well you think you are doing:

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

? = This never occurred to me

Physical

___ Eat regularly (e.g. breakfast, lunch, and dinner)

___ Eat foods that make me feel good

___ Exercise

___ Get regular medical care for prevention

___ Get medical care when needed

___ Take time off when sick

___ Get massages

___ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity

___ Get enough sleep

___ Wear clothes I like

___ Take vacations

___ Make time away from technology

___ Other:

Psychological

___ Take day trips or mini-vacations

___ Make time for self-reflection

___ Seek therapy as needed

___ Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings

___ Write in a journal

___ Read literature that is unrelated to work

___ Do something at which I am not expert or in charge

___ Attend to minimizing stress in my life

___ Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre

___ Be curious

___ Make time away from telephones, email, and the Internet

___ Say no to extra responsibilities sometimes

___ Other:

Emotional

- Spend time with others whose company I enjoy
- Stay in contact with important people in my life
- I am aware of my thoughts, without judgment
- Give myself affirmations, praise myself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, places and seek them out
- Allow myself to cry
- Find things that make me laugh
- I am aware of my feelings without judgement
- Play with children
- Other:

Spiritual

- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish my optimism and hope
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to me and notice its place in my life
- Meditate
- Pray
- Sing
- Have experiences of awe
- Contribute to causes in which I believe
- Read inspirational literature or listen to inspirational talks, music
- Other:

Relationship

- Schedule regular dates with my partner or spouse
- Schedule regular activities with my children
- Make time to see friends
- Call, check on, or see my relatives
- Spend time with my companion animals
- Stay in contact with faraway friends
- Make time to reply to personal emails and letters; send holiday cards
- Allow others to do things for me
- Enlarge my social circle
- Ask for help when I need it
- Share a fear, hope, or secret with someone I trust
- Other:

Work/Professional

- Take a break during the workday (e.g., lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and colleagues
- Balance my caseload so that no one day or part of a day is “too much”
- Arrange work space so it is comfortable and comforting
- Get regular consultation or collaboration where possible
- Negotiate for my needs (benefits, pay raise)
- Have a peer support group
- Strive for equanimity within my work-life and work day
- Unplug/Have some work-free spaces in my life

Other Areas that are Relevant to You

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