

I seek out people to support me / uplift me in the pursuit of my dreams	
I have a balanced & consistent approach to scheduling my day / week	
I have no problem identifying the areas of my life which need change	
I enjoy regular outings to nature parks or other natural settings	
My work space [whether at home or in an office] is well organized	
I practice deep breathing exercises whenever I feel stressed or tired	
I am aware of my own passions, talents and interests	
I am able to be honest with myself when I need more personal time	
I have friends or companions with whom I regularly enjoy outings	
I make sure to take regular breaks throughout the day for stress relief	
I limit the amount of device interaction I have daily [tv, tablet, computer]	
I write in a journal or other special place to express my inner thoughts	
I get at least 6-7 hours of sleep per night	
I take time for mindfulness exercises to help my mindset stay positive	
I support my own goals and dreams with enthusiasm	
I participate in spiritual / religious activity regularly, alone or with others	
I seek out help from experts to guide me in areas where I am unsure	
I eat a balanced diet of healthy foods which are energetically life-giving	
I am willing to ask for help with difficult tasks and don't try to go it alone	
I engage in activities which bring me joy and laughter on a daily basis	
I regularly invest in my own wellbeing through learning and education	
I actively seek balance in every area of my life, being attentive to each	
I am willing to deepen my self-care practice as I learn new techniques	
I am explore and expand my own dreams and aspirations with no fear	

Now that you've finished reading the questions and giving the ratings, let's go over the Questionnaire in a little more detail.

Go back and tally your total score, adding the numbers you assigned for each question.

If your total score was 130 - 160

You are practicing great self care! You likely have a balanced approach to all aspects of your life, and are aware almost immediately of areas which go off-kilter and need attention. You may be ready to move to the next level of self-care, and deepen your practice. If so, consider seeking out a self-care instructor or guide to help you! Maybe you are even ready to begin guiding OTHERS in this amazing life practice!!!

If your total score was 100-129

You practice self-care sometimes, but may not have gotten the hang of implementing it in all areas of life. You experience some balance, at times, but can go out of balance more easily than you would like. Stronger focus on self-care would be helpful, as would seeking out a guide or teacher who could give you some tips on self-care practices.

If your total score was 75 - 99

You are not adept at self care in many areas, or are just getting started using the practice. You should seek out teaching and coaching that can help you learn to use self-care more effectively, and how to implement it in your daily life.

If your total score was 74 or below

You DEFINITELY need to have some instruction in better self care! It is important - CRUCIAL, even - that you seek out help in learning self-care, and allow a coach or teacher to guide you in becoming a more self-care focused individual. You will reap SO many rewards from this practice! Start today!

Now, one more exercise: go back through the list and look at each line you scored a 1, 2, or a 3. These are the areas which DEFINITELY need the most attention in your self-care practice! Make a list of them, specifically, and write out a plan of action on how you will address each area to strengthen your self-care practice.

If you'd like further instruction in the art of Self-Care, contact me today! Personalized instruction is available, as are great group-coaching sessions where we focus on deepening self-care practices and expanding self-care into every area of life! Find out more at:

www.facebook.com/jenniferkenwayonline or www.jenniferkenway.com