

How Are Your SELF-CARE HABITS?

Read the statements below and check ones that are true for you.

- ☐ 1. I talk about my feelings and problems.
- ☐ 2. I do things that help me relax when I'm feeling stressed.
- ☐ 3. I treat myself the way I treat my friends—with kindness, love, and compassion.
- ☐ 4. I regularly take part in activities I enjoy or that challenge me.
- ☐ 5. I have honest conversations with my friends when we have problems or disagreements.
- ☐ 6. I watch my spending and try to stay within my budget.
- ☐ 7. I spend time on a regular basis with people I like.
- ☐ 8. I set life goals, both small ones for now and big ones for the future, and I work toward them.
- ☐ 9. I try new things, and I focus on making progress rather than trying to be perfect.
- ☐ 10. I try to be active every day.
- ☐ 11. I have a regular bedtime routine and aim for 8-10 hours of sleep each night.
- ☐ 12. I try to eat fruits and veggies every day.

Now, count how many times you checked the boxes.

0-4 "True" Responses: It's time to focus on self-care. You're off to a great start, but there's room to improve. Consider making small changes to boost your well-being.

5-8 "True" Responses: You're on the right track! Your self-care habits are good, but there's always room to grow. Keep up the great work and look for ways to enhance your self-care routine.

9-12 "True" Responses: Excellent! Your self-care game is strong. You're taking good care of your whole self. Keep it up and continue to thrive!