



COMPREHENSIVE SELF-CARE ASSESSMENT FOR WELL-BEING

Instructions: For Each Statement, Rate
Yourself Using The Following Scale

1 - NEVER | 2 - RARELY | 3 - SOMETIMES | 4 - OFTEN | 5 - ALWAYS

PHYSICAL SELF-CARE

I make sure to nourish my body with a variety of healthy foods

1	2	3	4	5
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I maintain regular personal hygiene routines to feel fresh + clean

1	2	3	4	5
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I incorporate physical activity into my routine to stay fit + active

1	2	3	4	5
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I wear clothes that help me feel confident + comfortable

1	2	3	4	5
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I make sure to eat meals at consistent times throughout the day

1	2	3	4	5
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I take part in enjoyable activities that help me unwind + have fun

1	2	3	4	5
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I prioritise getting enough sleep to support my overall well-being

1	2	3	4	5
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I maintain a sleep routine that helps me feel rested and energised

1	2	3	4	5
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I attend routine health check-ups, such as dentist + GP visits

1	2	3	4	5
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When I'm unwell, I make sure to rest + allow my body time to recover

1	2	3	4	5
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Reflection

What aspects of your self-care are you doing well in?

Are there any areas you feel you could use more attention or focus?

What specific actions can you take to improve in those areas?



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PRE-EMPTIVE
HEALTHCARE

PSYCHOLOGICAL/EMOTIONAL SELF-CARE

I make time to step back from work/study to recharge (annual leave)	1	2	3	4	5
I engage in hobbies or personal interests that bring me joy + relaxation	1	2	3	4	5
I disconnect from distractions (like social media) to focus on myself	1	2	3	4	5
I explore topics / activities unrelated to work/study that promotes personal growth	1	2	3	4	5
I express my feelings + emotions in a way that helps me understand myself better	1	2	3	4	5
I recognise + celebrate my achievements and strengths, no matter how small	1	2	3	4	5
I set clear boundaries for myself to avoid overcommitment + burnout	1	2	3	4	5
I engage in comforting activities that help soothe my mind + body when I need it (taking a bath, sitting in the sun)	1	2	3	4	5
I talk openly about my challenges + seek support, when needed	1	2	3	4	5
I find ways to bring humour + joy into my life, even during stressful times	1	2	3	4	5
I organise my daily life (planning meals, setting priorities)	1	2	3	4	5

Reflection Comments:



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SOCIAL SELF-CARE

I spend quality time with people who make me feel positive + supported	1	2	3	4	5
I stay connected with friends	1	2	3	4	5
I maintain communication with my family	1	2	3	4	5
I engage in conversations that challenge + inspire me	1	2	3	4	5
I enjoy meeting new people + expanding my social circle	1	2	3	4	5
I spend quality time alone with my romantic partner (if applicable)	1	2	3	4	5
I share intimate moments with my romantic partner (if applicable)	1	2	3	4	5
I engage in fun, enjoyable activities with the people I care about	1	2	3	4	5
I reach out to others for help when I feel overwhelmed or need support	1	2	3	4	5
I maintain relationships that feel mutually supportive rather than draining	1	2	3	4	5
I reach out to others who may be struggling and offer support when I can	1	2	3	4	5

Reflection Comments:



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SPIRITUAL SELF-CARE

I spend time in nature, appreciating the world around me

(1) (2) (3) (4) (5)

I practice meditation, prayer, or other spiritual activities aligned with my beliefs

(1) (2) (3) (4) (5)

I reflect on the things that bring me purpose and meaning to life

(1) (2) (3) (4) (5)

I act according to my personal values + ethics

(1) (2) (3) (4) (5)

I set aside time for thoughtful reflection + personal growth

(1) (2) (3) (4) (5)

I participate in causes that align with my beliefs + give me sense of contribution

(1) (2) (3) (4) (5)

I take some appreciate art forms like music, literature, + film that inspire or resonate with me

(1) (2) (3) (4) (5)

I take moments of gratitude, appreciating what I have in my life

(1) (2) (3) (4) (5)

I practice deep breathing, mindfulness, or other techniques to stay present

(1) (2) (3) (4) (5)

I practice self-compassion

(1) (2) (3) (4) (5)

Reflection Comments:



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PROFESSIONAL SELF-CARE

I focus on improving my professional skills + knowledge regularly

1 2 3 4 5

I set boundaries by saying "no" to responsibilities that may be too overwhelming

1 2 3 4 5

I engage in projects that are fulfilling + align with my personal goals

1 2 3 4 5

I continue learning in ways that help me grow within my career or field

1 2 3 4 5

I take time to build positive relationships with my colleagues + peers

1 2 3 4 5

I take all the breaks I'm entitled to at work to avoid burnout

1 2 3 4 5

I make sure to maintain a healthy work-life balance, putting my well-being first

1 2 3 4 5

I maintain an organised + comfortable workspace that helps me succeed

1 2 3 4 5

I advocate for fair pay, benefits, + a work environment that supports my needs

1 2 3 4 5

I organise my tasks and responsibilities to help me stay on top of work + reduce stress

1 2 3 4 5

Reflection Comments:
