

Free printable self-care assessment worksheet

Use this scale to rate how well you take care of yourself.

How often do you do these activities?			
	1	2	3
	Never	Sometimes	Always
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p style="font-size: 1.2em; font-weight: bold; margin: 0;"><i>emotional</i></p> <ul style="list-style-type: none"> __ watch a good movie __ write each other positive notes __ verbalize and talk about feelings __ draw self portraits __ Say "I love you" __ spend time writing __ have a sing-a-long __ tell jokes __ try a new craft </div>			
<div style="border: 1px solid black; padding: 5px;"> <p style="font-size: 1.2em; font-weight: bold; margin: 0;"><i>mental</i></p> <ul style="list-style-type: none"> __ read together __ draw or write stories __ kids meditation __ find shapes in clouds __ practice belly breaths __ go on a walk to find new things __ make vision boards __ try Headspace for kids __ create mandalas __ make mindfulness jars __ play mind strength games like memory </div>			

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<p><i>physical</i></p> <p>__ dance party</p> <p>__ go for a walk</p> <p>__ family bike ride</p> <p>__ take a hike</p> <p>__ play kickball</p> <p>__ tag</p> <p>__ roller skating</p> <p>__ go to the pool</p> <p>__ jumprope</p> <p>__ kids yoga</p> <p>__ wii fit games</p>			
<p><i>practical</i></p> <p>__ clean up</p> <p>__ declutter old toys</p> <p>__ assign chores</p> <p>__ make a grocery list together</p> <p>__ learn about money</p> <p>__ make a weekly budget check-in</p> <p>__ make a weekly cleaning check-in</p> <p>__ homework/study</p> <p>__ have a morning & night routine</p>			

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<p><i>spiritual</i></p> <p>___ a gratitude list</p> <p>___ go outside</p> <p>___ talk about forgiveness</p> <p>___ write thank you's</p> <p>___ volunteer</p> <p>___ spend time outside or with nature</p> <p>___ practice positive self-talk</p> <p>___ plant a tree</p>			
<p><i>social</i></p> <p>___ play in the park</p> <p>___ call or visit relatives</p> <p>___ have family dinner</p> <p>___ play boardgames</p> <p>___ host a sleepover</p> <p>___ invite friends over</p> <p>___ plan a bbq</p> <p>___ join a team</p> <p>___ do a neighborhood food drive</p> <p>___ have talks about friendship and how to be a friend.</p>			