

Self-Care Assessment

Never - 1	Rarely - 2	Occasionally - 3	Frequently - 4	Almost Always - 5
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Physical Self-Care	
Eat on a regular schedule	
Eat healthy	
Exercise at least 3x a week for 20mins or more	
Get regular medical care for prevention	
Get medical care when needed	
Take time off when sick	
Get enough sleep	
TOTAL	

Psychological Self-Care	
Take day trips or mini-vacations	
Take time away from phones, email, and social media	
Notice what's going on inside - thoughts, beliefs, attitudes feelings	
Have a personal counselor/therapist	
Utilize a journal	
Say no to extra responsibilities	
Do something at which I am not an expert or in charge	
TOTAL	

Emotional Self-Care	
Spend time with others whose company I enjoy	
Stay in contact with important people in my life	
Speak God's promises and love over my life	
Ask the Lord if I'm carrying anything I should not and release them to Him	
Allow myself to cry	
Find things that make me laugh	
Practice forgiveness daily	
TOTAL	

Spiritual Self-Care	
Attend regularly a community where the Word of God is preached and taught	
Engage in community with other believers	
Pray	
Practice contemplation and reflection	
Allow others to physically pray over me	
Read the scriptures - read freely and enjoyably	
Take a regular Sabbath - calendar them in	
TOTAL	

Relationship Self-Care	
Schedule regular dates with my spouse or boyfriend/girlfriend	
Schedule regular activities with my children	
Make time to see friends	
Call, check on or see my relatives	
Ask for help when I need it	
Share a fear, hope, or secret with someone I trust	
Make time to reply to personal emails and letters; send holiday cards	
TOTAL	

Workplace and/or Ministry Self-Care	
Take a break during the workday (e.g., lunch)	
Identify projects or tasks that are exciting and rewarding	
Set limits with clients, colleagues and those you are ministering to	
Arrange workspace so it is comfortable	
Take advantage of regular times with boss or ministry direct report	
Practice saying "no" sometimes. Just because I can do something does not mean it's what God is calling me to do	
Ask for clarity in ministry or project direction	
TOTAL	

Financial Self-Cared	
I have a budget in place and I follow it	
I regularly tithe	
I make every effort to live within my means	
I pay my bills on time	
I guard myself against making impulse purchases	
I limit credit card use to a minimum unless I'm able to pay it off promptly	
I believe that I am a steward of God's gifts and talents to me which includes my finances	
	TOTAL

Self-Care Areas	Totals
Physical	
Psychological	
Emotional	
Spiritual	
Relationship	
Workplace and/or Ministry	
Financial	

<p>Which 3 Self-Care areas have room for growth?</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>What Self-Care practices have been most helpful to you?</p>
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Where do you go from here?
 If you'd like Biblical Coaching to help you move forward in some next steps connect with me at
www.BrendaRenderos.org