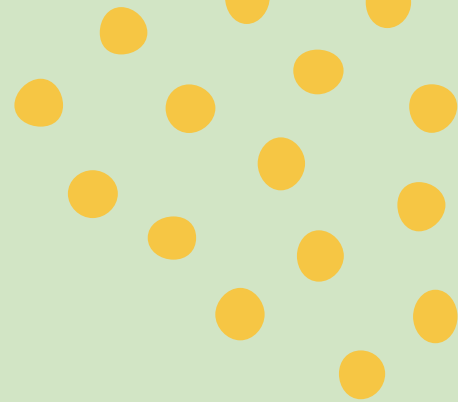




SELF-ASSESSMENT

HOW SUSTAINABLE IS YOUR SELF-CARE?





COPYRIGHT

© GREEN GROWTH COACHING 2021

ALL RIGHTS RESERVED

UNAUTHORIZED USE AND/OR DUPLICATION OF THIS MATERIAL WITHOUT EXPRESS AND WRITTEN PERMISSION FROM THIS SITE'S AUTHOR AND/OR OWNER IS STRICTLY PROHIBITED. YOU ARE WELCOME TO PRINT A COPY OF THIS ASSESSMENT FOR YOUR PERSONAL USE. EXCERPTS AND LINKS MAY BE USED, PROVIDED THAT FULL AND CLEAR CREDIT IS GIVEN TO CHARLOTTE LIN WITH APPROPRIATE AND SPECIFIC DIRECTION TO THE ORIGINAL CONTENT AND GREENGROWTHCOACHING.COM.

INFORMATION PRESENTED IN THIS GUIDE IS INTENDED FOR INFORMATIONAL PURPOSES ONLY. THIS PUBLICATION IS DESIGNED TO PROVIDE INFORMATION WITH REGARD TO THE SUBJECT MATTER COVERED. HOWEVER, THE ADVICE OR STRATEGIES PROVIDED MAY NOT BE SUITABLE FOR YOUR SITUATION. IF LEGAL ADVICE OR OTHER EXPERT ASSISTANCE IS REQUIRED, THE SERVICES OF A COMPETENT PROFESSIONAL SHOULD BE SOUGHT. THE AUTHOR SHALL NOT BE LIABLE FOR ANY LOSS OF PROFIT OR ANY OTHER COMMERCIAL DAMAGES, INCLUDING BUT NOT LIMITED TO SPECIAL, INCIDENTAL, CONSEQUENTIAL, OR OTHER DAMAGES.



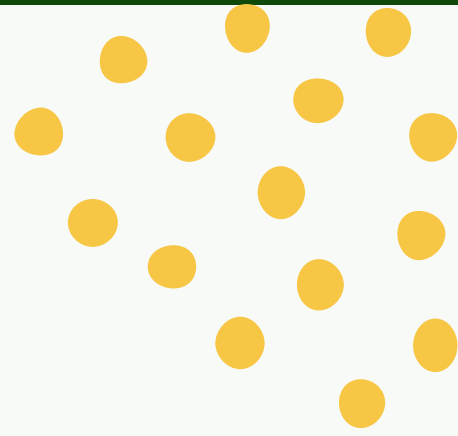


TAKING BETTER CARE OF YOURSELF IS NOT ONLY IMPORTANT TO YOU BUT ALSO TO EVERYONE AROUND YOU.

TO HELP YOU OPTIMIZE AND INCREASE YOUR SELF-CARE, FILL IN EACH SECTION OF THIS SELF-CARE ASSESSMENT SHEET TO GET AN IDEA OF WHAT YOU NEED TO WORK ON, TO FEEL BETTER YOURSELF AND TO BE THERE FOR OTHERS!

01

PHYSICAL SELF-CARE



For each of the following, rate how well you feel you are on each item.

1 being poor and 5 being the best. Write your score in the box by the item.

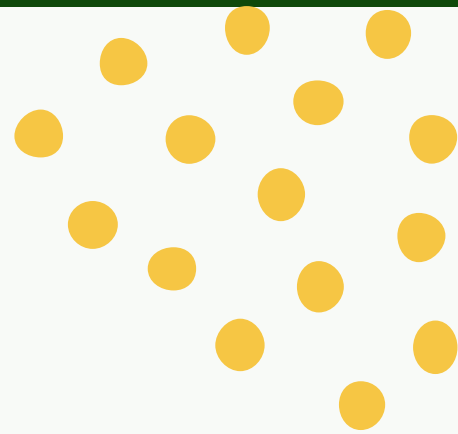
Then total up the numbers and put it on the total score line.

<input type="checkbox"/> I EXERCISE 3-5 TIMES A WEEK.
<input type="checkbox"/> I EAT 3 HEALTHY MEALS DAILY.
<input type="checkbox"/> I EAT HEALTHY SNACKS.
<input type="checkbox"/> I FOLLOW A HEALTHY SLEEP ROUTINE.
<input type="checkbox"/> I AVOID EATING AT FAST FOOD RESTAURANTS.
<input type="checkbox"/> I VISIT MY FAMILY DOCTOR REGULARLY.
<input type="checkbox"/> I VISIT MY DENTIST REGULARLY.
<input type="checkbox"/> I DRINK WATER FOR BETTER HYDRATION.
<input type="checkbox"/> I INCORPORATE WEIGHTS IN MY EXERCISES.
<input type="checkbox"/> I TAKE MEDICATIONS AS PRESCRIBED.

TOTAL SCORE: _____/50

WHICH QUALITIES DO YOU WANT/NEED TO ENHANCE?

02 MENTAL SELF-CARE



For each of the following, rate how well you feel you are on each item. 1 being poor and 5 being the best. Write your score in the box by the item. Then total up the numbers and put it on the total score line.

<input type="checkbox"/> I WRITE IN A JOURNAL REGULARLY.
<input type="checkbox"/> I KEEP UP WITH CURRENT NEWS & EVENTS.
<input type="checkbox"/> I PLAY COGNITIVE GAMES THAT CHALLENGE ME.
<input type="checkbox"/> I ENGAGE IN AT LEAST ONE HOBBY A WEEK.
<input type="checkbox"/> I LISTEN TO RELAXING MUSIC.
<input type="checkbox"/> I CALL OR WRITE TO KEEP IN TOUCH WITH PEOPLE I CARE FOR.
<input type="checkbox"/> I VOLUNTEER REGULARLY.
<input type="checkbox"/> I VISIT PLACES THAT I ENJOY AT LEAST TWICE A WEEK.
<input type="checkbox"/> I LEARN TO DO SOMETHING NEW EACH WEEK.
<input type="checkbox"/> I PRACTICE SELF-COMPASSION AND ACCEPTANCE.

TOTAL SCORE: _____/50

WHICH QUALITIES DO YOU WANT/NEED TO ENHANCE?

03 CAREER/BIZ SELF-CARE



For each of the following, rate how well you feel you are on each item. 1 being poor and 5 being the best. Write your score in the box by the item. Then total up the numbers and put it on the total score line.

<input type="checkbox"/> I ARRIVE AND BEGIN WORK ON TIME, EVEN AT HOME.
<input type="checkbox"/> I WORK WITH A PEER-SUPPORT GROUP.
<input type="checkbox"/> I WORK WITH OTHERS AS A TEAM-PLAYER.
<input type="checkbox"/> I COMPLIMENT OTHERS ON THEIR WORK.
<input type="checkbox"/> I FOLLOW THE RULES/INSTRUCTIONS SET FOR MY WORK.
<input type="checkbox"/> I READ INDUSTRY-RELATED INFORMATION REGULARLY.
<input type="checkbox"/> I REGULARLY BUILD AND ENHANCE MY JOB SKILLS.
<input type="checkbox"/> I KEEP MY DESK/OFFICE CLEAN AND ORGANIZED.
<input type="checkbox"/> I TAKE TIME OFF ONLY WHEN NEEDED.
<input type="checkbox"/> I TAKE 15-MINUTE BREAKS AS NEEDED.

TOTAL SCORE: _____/50

WHICH QUALITIES DO YOU WANT/NEED TO ENHANCE?

04 EMOTIONAL SELF-CARE



For each of the following, rate how well you feel you are on each item. 1 being poor and 5 being the best. Write your score in the box by the item. Then total up the numbers and put it on the total score line.

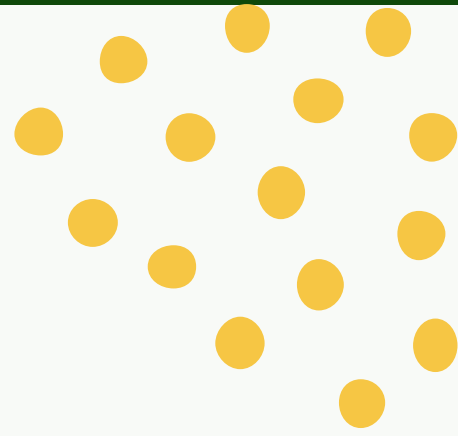
<input type="checkbox"/> I JOURNAL ABOUT THINGS THAT BOTHER/WORRY ME.
<input type="checkbox"/> I TALK ABOUT TROUBLING THOUGHTS WITH A TRUSTED FRIEND.
<input type="checkbox"/> I MAKE IT A POINT TO BE KIND TO OTHERS.
<input type="checkbox"/> I DON'T TAKE HURTFUL THINGS TO HEART.
<input type="checkbox"/> I LISTEN TO UPBEAT OR SLOW MUSIC AS NEEDED.
<input type="checkbox"/> I WATCH INSPIRING OR FUNNY SHOWS TO CHEER UP.
<input type="checkbox"/> I DON'T ALLOW MY ANGER OR FRUSTRATION TO AFFECT OTHERS.
<input type="checkbox"/> I READ THE NEWS OR BOOKS TO KEEP MY THOUGHTS IN PERSPECTIVE.
<input type="checkbox"/> I TELL PEOPLE WHAT I REALLY THINK, IN APPROPRIATE WAYS.
<input type="checkbox"/> I EFFECTIVELY LIMIT THE TIME I SPEND WITH TOXIC PEOPLE.

TOTAL SCORE: _____/50

WHICH QUALITIES DO YOU WANT/NEED TO ENHANCE?

05

SOCIAL SELF-CARE



For each of the following, rate how well you feel you are on each item.

1 being poor and 5 being the best. Write your score in the box by the item.

Then total up the numbers and put it on the total score line.

<input type="checkbox"/> I SPEND 1-ON-1 TIME WITH EACH PERSON IN MY IMMEDIATE FAMILY.
<input type="checkbox"/> I PARTICIPATE IN COMMUNITY EVENTS REGULARLY.
<input type="checkbox"/> I AM PART OF SEVERAL COMMUNITY GROUPS.
<input type="checkbox"/> I ENCOURAGE MY FAMILY AND FRIENDS TO TRY NEW THINGS.
<input type="checkbox"/> I CHECK ON MY FAMILY AND FRIENDS REGULARLY.
<input type="checkbox"/> I TELL MY FRIENDS AND FAMILY WHY I APPRECIATE THEM.
<input type="checkbox"/> I EFFECTIVELY BALANCE THE TIME I NEED FOR MYSELF AND WITH OTHERS.
<input type="checkbox"/> I ASK FOR HELP WHEN NEEDED.
<input type="checkbox"/> I OFFER HELP WHEN OTHERS IN NEED.
<input type="checkbox"/> I MAKE NEW PEOPLE FEEL WELCOME AND VALUED.

TOTAL SCORE: _____/50

WHICH QUALITIES DO YOU WANT/NEED TO ENHANCE?

SUSTAINABILITY STARTS FROM
WITHIN YOU.



TAKE CARE OF YOURSELF SO YOU
CAN TAKE CARE OF THE WORLD!

**LET'S TALK ABOUT
YOUR SUSTAINABILITY
GOALS!**

Book a free 1-hour call:

<https://calendly.com/greengrowthcoaching/60consult>



Can't wait to hear from you!

Charlotte at

