



## Self-Care Quiz

*"It's not selfish to love yourself, take care of yourself,  
and to make your happiness a priority.  
It's necessary."  
-Mandy Hale*



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# The Daring Career Girl

## Self-Care Quiz



### INSTRUCTIONS:

How good are you to yourself? Take this quiz to see where you stand. Read each statement below and put a check mark in the column that best fits for you now. You can always revisit this quiz at anytime to check your progress.

	Yes	Sometimes	No
1. I treat myself as I would a best friend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know my strengths, talents, and am proud of them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I eat well nutritionally and stay away from harmful substances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I actively seek out things I'm most interested in.			
5. I get plenty of sleep, so I always feel well rested.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I take regular breaks from my work during the day and use my time off from work/school for enjoyment & relaxation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I'm involved in hobbies and activities that interest me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I meditate, journal, or gift myself time alone for reflection.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I honor my values and priorities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I say "No" to myself and others when I need to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I stand up for my needs, wants, and desires.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My living environment is organized, tidy, and cleaned regularly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I pay attention to my personal and oral hygiene.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I recognize my stress signals and know how to manage my stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I have enough people in my life who love and support me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I engage in activities that challenge my brain, e.g., discussions, thought-provoking games, puzzles, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I listen to and trust my intuition when it comes to looking after myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I have a mentor(s) that support and encourage me in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I engage in creative activities through music, art, dance, writing, or art.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I engage in healthy activities that allow me to feel good about myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I make my happiness a priority.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I am pro-active and have good things to look forward to in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**TOTAL NUMBER of Yes's, Sometimes, and No's.**

\_\_\_\_\_

The maximum possible total is 42. **Write your total score here:** \_\_\_\_\_

How did you do? Did you experience any new discoveries about yourself?

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Which statements in the "No" column would you like to improve?

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Which statements do you feel most proud of?

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