

# Self-Care Quiz

Your Score Interpretation



# 72 - 90

Well done! You are taking excellent care of yourself.

Now you can focus on things like simplifying your life and removing as many stressors as possible.

54 - 71

You know how to look after yourself. Make sure, however, you follow through consistently!

Would it be helpful to track your daily self-care?

# 36 - 53

Maybe you should prioritize self-care a bit more? Every week, dedicate an evening to yourself without outside obligations. Schedule an hour just for yourself and use that time to form a healthy habit that you stick to.

# 18 - 35

Making time for yourself makes you feel guilty! You must recognize that your family, friends, or boss want you to be happy and full of energy. They want you to start caring for yourself better. Maybe you can use their feedback to build healthy habits and mindful routines that, if you follow consistently, will liberate and empower you!

# 0 - 17

Your lifestyle doesn't seem to allow you to prioritize yourself! What are your priorities? Family? Work? Friends? Keep in mind that your needs are not less important than those of other people in your life. You must recognize that your family, friends, or your boss want you to be happy and full of energy. They want you to start caring for yourself better. You don't need to start with major changes. Start small and work your way up until you form empowering habits.