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# LIVE HEALTHY & BE WELL

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CREATE AN ACTION PLAN  
FOR LIFE



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## SELF-CARE QUIZ

Part I: Instructions: In front of each item put one of three initials:

E = I am excellent in this;

OK = I am acceptable, but have room for improvement;

NS = I need strengthening here

- \_\_\_ 1. I listen to my body and learn from what it's trying to tell me (like "Slow down and play a little!").
  
- \_\_\_ 2. I enjoy spending some time each day giving my body loving self-care to increase its aliveness, its attractiveness (especially to myself), and its power.
  
- \_\_\_ 3. I am learning to resolve my so-called negative feelings, such as guilt, shame, jealousy, unforgiveness, anger, resentment, loneliness, despair, fear, so that they don't keep me from my God-given happiness.
  
- \_\_\_ 4. I practice the fine art of forgiving myself, thus becoming better able to forgive others and life. I know that God has forgiven me first.
  
- \_\_\_ 5. I give my mind-body-spirit the daily gift of a quiet time such as deep relaxation, meditation, inspirational reading, or prayer to reduce stress and recharge my batteries.