**Self-Care Assessment Worksheet**

**Purpose:**

Regular self-care is essential for maintaining physical health, emotional balance, and mental clarity. This worksheet helps you assess your current self-care practices, identify areas needing attention, and create a plan to prioritize self-care activities that align with your personal needs and goals.

**Why This Matters for Emotional and Mental Health:**

Self-care promotes resilience, reduces stress, and fosters a sense of self-worth. By attending to your physical, emotional, and mental needs, you enhance your capacity to handle challenges, improve focus, and maintain emotional balance. Recognizing areas where self-care is lacking allows you to make intentional changes to nurture your overall well-being.

**Instructions:**

Reflect on your current self-care habits using the prompts below. Identify areas for improvement and create an actionable plan to enhance your self-care practices. Revisit this worksheet regularly to track progress and adjust your strategies.

| **Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Self-Care Assessment:**  
**Physical Self-Care:**  
How do you currently care for your physical health (e.g., exercise, sleep, nutrition)?

What challenges or barriers do you face in maintaining physical self-care?

**Emotional Self-Care:**  
How do you manage your emotions and express your feelings (e.g., journaling, talking to someone, mindfulness)?

What activities bring you joy or help you feel grounded emotionally?

**Mental Self-Care:**  
How do you nurture your mind and focus (e.g., learning, reading, problem-solving)?

Are there any mental habits or patterns you’d like to improve (e.g., reducing overthinking or negative self-talk)?

**Social and Relational Self-Care:**  
How do you maintain healthy relationships and connect with others (e.g., quality time, setting boundaries)?

Are there any relationships or social habits that need attention or improvement?

**Plan for Enhancing Self-Care:**  
**Physical Self-Care Goal (e.g., increase activity, improve sleep):**

**Emotional Self-Care Goal (e.g., practice gratitude, schedule creative time):**

**Mental Self-Care Goal (e.g., reduce distractions, learn something new):**

**Social Self-Care Goal (e.g., strengthen connections, establish boundaries):**

| **Day** | **Self-Care Activities Practiced** | **Notes (e.g., benefits, challenges, feelings afterward)** |
| --- | --- | --- |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |
| Sunday |  |  |

**Reflection Questions:**  
**Which self-care activities had the greatest positive impact on your well-being this week?**

**What challenges or barriers did you face in maintaining self-care, and how might you address them next week?**

**What is one new self-care practice you’d like to add to your routine?**

**Quick Tips:**

Self-care isn’t selfish—it’s essential. Start with small, manageable changes to build consistency. Schedule self-care activities as non-negotiable appointments in your calendar. Celebrate small wins to stay motivated and recognize your efforts to prioritize your well-being.

This worksheet helps you take an active role in nurturing your overall health, allowing you to create a balanced and fulfilling self-care routine. With consistent reflection and practice, self-care becomes a cornerstone of your emotional, mental, and physical resilience.