

DRAFT VERSION 1.1 ADVANCED SELF-CARE ASSESSMENT

INSTRUCTIONS

CIRCLE THE NUMBER WHICH ACCURATELY SCORES WHERE YOU ARE FOR EACH STATEMENT. A PERFECT SCORE IS 100. WHY NOT GO FOR IT?

1. I EAT & ENJOY ONLY HEALTHFUL FOODS.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

2. I DO NOT SAY "YES" WHEN I WANT TO SAY "NO."

LESS TRUE 0 1 2 3 4 5 MORE TRUE

3. I FEEL NO WORRY, STRESS OR DREAD.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

4. I ENJOY EXERCISING MY BODY REGULARLY.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

5. I HAVE COMPELLING REASONS FOR INVESTING IN EXTREME SELF-CARE.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

6. I SLEEP FULLY AND RESTFULLY.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

7. MY PHYSICAL ENVIRONMENT IS PEACEFUL AND NOURISHING.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

8. I DON'T OWE ANYONE ANYTHING.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

9. MY PERSONAL NEEDS ARE MET.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

10. PEOPLE RESPECT ME ALL OF THE TIME.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

11. I HAVE PLENTY OF SPACE IN MY DAY AND IN MY LIFE.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

12. MY CONSISTENTLY HONORED SELF-CARE ROUTINES NOURISH ME.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

13. I HAVE EVOLVED BEYOND MY VICES.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

14. MY MIND IS CLEAR; MY HEART IS OPEN.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

15. I AM RICHLY AFFECTED BY NATURE.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

16. MY HOME IS SAFE; I AM SAFE.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

17. MONEY IS NOT A CONCERN.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

18. MY BODY IS VERY, VERY HEALTHY.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

19. I AM FREE FROM CAFFEINE & ADRENALINE.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

20. I AM NOT HARMING MYSELF IN ANY WAY.

LESS TRUE 0 1 2 3 4 5 MORE TRUE

CURRENT SCORE

SCORING

100: CONGRATULATIONS

0-99: KEEP GOING

A COACH CAN HELP.

