

# Self-care Quiz

How are you doing at taking care of you in your caring season?  
Check the boxes of the self-care activities you have done today.

☐


slept 7-8 hours

☐

got moving for  
30 minutes +


☐


soaked up some  
vitamin D outside

☐

got and gave at  
least 1 hug


☐


took time today to  
reflect on my  
emotions

☐


drank 10 glasses  
of water

☐

ate 3 meals + snacks


☐


laughed out loud

☐

read or worked a  
crossword for 10  
min. or more


☐


I asked for  
help today

8-10 Congratulations! You are doing a great job caring for yourself while you are in your caring season. *Keep up the good work!*

5-7 You are doing a rather good job of caring for yourself. Can you do 1 more thing tomorrow to care for you?

0-4 You need some work on your self-care. What items can you intentionally focus on to add to your daily task?

*Need some help improving your self-care? Contact me today to see how working with a coach can help.*

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