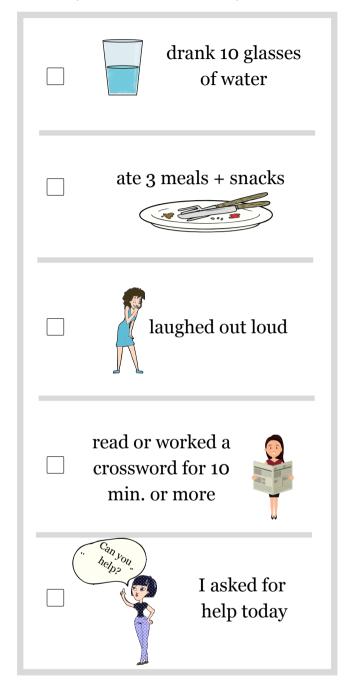


## Self-care Quiz

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.





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. www.TalkwithRayna.com