

# Self Care Self Assessment Tool

Adapted from "Married in Mission" by Alexis C. Kenny

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\_\_\_\_\_ 10 9 8 7 6 5 4 3 2 1

\_\_\_\_\_ 1 2 3 4 5 6 7 8 9 10

\_\_\_\_\_ 10 9 8 7 6 5 4 3 2 1

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I: Remember the four areas of self-care:

## 1. *Spiritual vitality*

- Spiritual Disciplines, personal rhythms and habits
- Spiritual Community for fellowship, teaching, challenge
- Spiritual accountability, mentors
- Sabbath rest weekly

## 2. *Emotional stability*

- Friendships, peers
- Priority relationships: family, spouse, siblings, children, housemates
- Rest, reflection, solitude
- Hobbies, pleasure apart from work

## 3. *Mental well-being*

- Professional and ministry satisfaction, purpose,
- Goals and priorities - intellectual stimulation, growth
- Healthy self-talk and messages

## 4. *Physical wholeness*

- Nutrition and Fitness: exercise, diet,
- Sleep Hygiene
- Weekly Sabbath break
- Mini-Breaks and Intentional Vacations

II: Select a couple practices you do or try to do from each category and write them on the eight lines on the chart above.

III: Consider how you are doing in that area over the last three months. Circle a number on the line indicating your score, with one being low—not doing well, and 10 being high—consistently and healthily engaging in that activity.

IV: Draw a line around the graph connecting the score from each line to give a visual picture of the areas where you are not doing well. Someone who is practicing self care in a consistent, holistic manner would have a nice round circle on the outer edges of the lines—from 8-10. Someone who is not practicing self care at all would have a nice round circle on the inside of the graph—in the 1-3 range. Most of us will have an irregular circle with some areas going better than others.

V: Take the results of this self-assessment and write out 2-3 steps you will take over the next month to make a change in your current practice. Consider asking a teammate or a friend for accountability in carrying that out.

### My Plans to Improve my Self Care

1.

2.

3.