

## APPENDIX A | Self-Care Questionnaire

You can choose to read this book in alphabetical order or prioritize certain chapters. This questionnaire is designed to help you discover the self-care areas that would benefit from your immediate attention vs. ones that you can work on later. Read each statement and decide if it fits best in the True or False category and put a check mark in the corresponding box.

This is for your eyes only or to share with your Accountability Partner. The quality of your results will depend on how honest you are when answering. Do your best to answer quickly and not overanalyze the statements. Go with your first instinct.

<b>Emotional</b>	<b>True</b>	<b>False</b>
I often compare myself to others then feel despair.		
I often feel inadequate as a spouse, parent, friend, sibling, coach, or leader.		
I often have trouble making minor decisions without input from a trusted advisor.		
I often feel hurt by negative comments received on social media.		
I often bring up the same stories over and over, both to myself and to others, with the same amount of feeling attached, as if it occurred yesterday.		
I feel like I'm stuck in a cycle of victimhood – to people, circumstances, and outcomes.		
I review my work over and over to make sure everything is of the highest quality.		
I am often stuck and do nothing toward achieving my dreams, fearing imperfect results.		
I like to have control over processes and outcomes in life.		
I would say that my coping strategies for anxiety need improvement.		
<b>Practical</b>	<b>True</b>	<b>False</b>
I often stay busy and seldom take time to think about my life.		
I want a different life, but I seem to keep doing the same things I've always done.		
I often procrastinate about doing my self-care practices.		
I often avoid asking for help to handle my responsibilities.		
I often say I don't have time for self-care.		
I feel like I am constantly fighting fires.		
I have no idea how much money I have left over each month after my bills are paid.		
If my car, or another major asset, needs unexpected repairs or if I incur an unexpected major medical bill, I would be financially devastated.		
<b>Physical</b>	<b>True</b>	<b>False</b>
I have difficulty sticking to intentions/goals/New Year's resolutions.		

I am not sure what to do or where to start for better self-care.		
I usually don't pay much attention to minor health issues.		
I am often sick or already have a major illness.		
I often find myself emotionally closing off from people.		
I am not used to exhibiting affection in my family.		
<b>Mental</b>	<b>True</b>	<b>False</b>
I second guess my choices – especially if I don't like the way a situation turned out.		
I often say I <i>should, ought to, or have to</i> do things in a certain way.		
I am often willing to volunteer my time for a good cause, even if my life is already busy.		
I often do things for people who can do it themselves (personally and professionally) because it makes me feel good about myself; in fact, I depend on this feeling.		
I am more concerned with being nice than with being assertive in my requests.		
I say “sorry” way too much – even if I haven't done anything wrong.		
I'm often rushing to and from places.		
I often react badly if things don't go as planned.		
I often shame, blame, or criticize myself and/or others.		
I often imagine the worst possible thing happening.		
<b>Social</b>	<b>True</b>	<b>False</b>
I'm a people pleaser (aka, the “disease to please”), sometimes to the extreme.		
I've set aside my own challenges that require extra attention (e.g., preparing for a move, working through grief, staying focused during a busy period at work) to help others with less pressing needs.		
I often hold grudges.		
I have lingering anger, bitterness, and/or resentment over past hurts.		
I like making others happy, even if, at times, it is inconvenient.		
I often say yes to something even if I'm exhausted.		
I have difficulty maintaining healthy friendships and/or romantic relationships.		
I am estranged from one or more family members.		
I am not entirely sure what my needs are.		
I prefer to avoid conflict in relationships even if it means I go without something that is important to me.		

I have difficulty laughing at myself, especially if I make a mistake.		
I don't often make time for fun activities.		
<b>Spiritual</b>	<b>True</b>	<b>False</b>
I often feel as if nothing good happens to me.		
I often take things/people for granted.		
I often feel like I'm in this world alone without support.		
I believe religion is the same as spirituality.		
I am often critical of others.		
My love for others is sometimes tied to how they behave.		

## Prioritize

The first self-care habit is to **Act on Awareness and Acceptance**. Therefore, when you have completed the entire questionnaire, become *aware* of the self-care categories that are your strengths and those that are your opportunities for improvement. First, reflect on your self-care strengths (all the False answers) and give yourself a pat on the back (literally) for making choices and taking action for your self-care. Next, reflect on your self-care opportunities (all the True answers). It is ok to have a few or many – *accept* this is as true based on where you are now. Give yourself another pat on the back (literally) for making choices and taking action to improve your self-care by reading this book. Finally, *act* – prioritize the self-care categories in the chart below based on your questionnaire responses and your gut instinct on which ones feel the most urgent. Your first priority category may or may not be the one with the most True responses. Once you've ranked the six self-care categories, write each priority number in the corresponding panel on the second chart. This will help you keep track of which chapters support a category.

I recommend reading or exploring the chapters associated with your top 3 self-care categories first. Then you can move into the chapters associated with your bottom 3 categories. Alternatively, you can simply read this book in chronological order without skipping around. Remember, the right approach is the one that works best for *you*. The key is to practice the self-care suggestions offered in each chapter. Your happiness, health and peace of mind depend on it!

## Self-Care Priorities

1.
2.
3.
4.
5.
6.

## Self-Care Categories and Related Chapters

<p><b>Emotional</b></p> <ul style="list-style-type: none"><li>• Embrace Enough-ness</li><li>• Internally Validate</li><li>• Make Peace with your Past</li><li>• Prevent Perfectionism</li><li>• Tame Anxiety</li></ul> <input data-bbox="683 352 773 428" type="checkbox"/>	<p><b>Practical</b></p> <ul style="list-style-type: none"><li>• Act on Awareness and Acceptance</li><li>• Just Start</li><li>• Question Your Time Management</li><li>• Watch Your Wallet</li></ul> <input data-bbox="1406 352 1495 428" type="checkbox"/>
<p><b>Physical</b></p> <ul style="list-style-type: none"><li>• Discipline Yourself</li><li>• Listen to Your Body</li><li>• XOXO: Kiss(O) and Hug (X) Often</li></ul> <input data-bbox="678 590 768 665" type="checkbox"/>	<p><b>Mental</b></p> <ul style="list-style-type: none"><li>• Choose Wisely</li><li>• Have Healthy Self-Advocacy</li><li>• Keep your Power</li><li>• Reduce Stress</li><li>• Yield to Positive Perspectives</li></ul> <input data-bbox="1406 590 1495 665" type="checkbox"/>
<p><b>Social</b></p> <ul style="list-style-type: none"><li>• Build Boundaries</li><li>• Forgive</li><li>• N-O is Your New Y-E-S</li><li>• Observe Relationships</li><li>• Voice your Needs</li></ul> <input data-bbox="683 831 773 907" type="checkbox"/>	<p><b>Spiritual</b></p> <ul style="list-style-type: none"><li>• Grow with Gratitude</li><li>• Surrender to Spiritual Practices</li><li>• Unconditionally Love</li><li>• Zealfully Play</li></ul> <input data-bbox="1406 831 1495 907" type="checkbox"/>