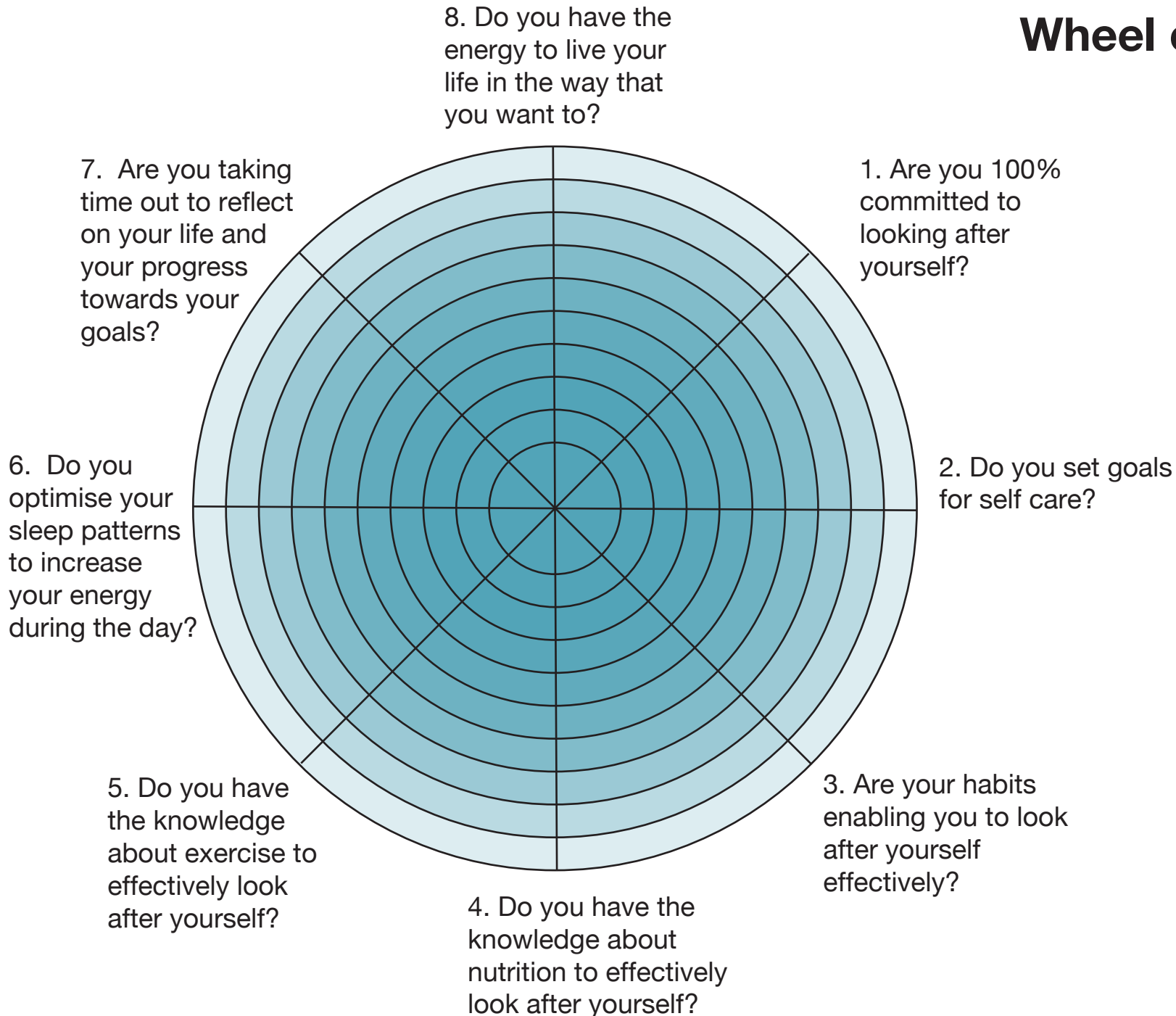


# Wheel of Self Care



Read the statements on the next page relating to each area and put a cross on each spoke to reflect where you think you are at this point in time.

**10 is the outer ring and 0 is the inner ring.**

Then join the points up and reflect on how balanced your wheel is and the areas for action



## Helping You Decide How to Score Your Wheel of Self Care

### **Statement 1: Are you 100% committed to looking after yourself?**

- Score 10 if you know that you are important, make choices which reflect this and take action consistently.
- Score 0 if you don't think that you are worth looking after or that other people are more important than you.

### **Statement 2: Do you set goals for self-care?**

- Score 10 if you know exactly what you need to achieve to look after yourself and have written goals that you regularly reflect on and are motivated by.
- Score 0 if you have no self-care goals and constantly feel exhausted and have low mood.

### **Statement 3: Are your habits enabling you to look after yourself effectively?**

- Score 10 if you have consistent and effective habits that you use to look after yourself.
- Score 0 if you are unable to stick to habits that you know will help you look after yourself.

### **Statement 4: Do you have the knowledge about nutrition to effectively look after yourself?**

- Score 10 if you have the knowledge about the choices you can make in terms of nutrition.
- Score 0 if you feel as though you are overwhelmed by conflicting advice or have not even attempted to think what you need to know.

### **Statement 5: Do you have the knowledge about exercise that will help you look after yourself effectively?**

- Score 10 if you take the action that you need to take and re-evaluate your needs on a regular basis.
- Score 0 if you procrastinate, take no exercise or have lots of reasons and excuses.

### **Statement 6: Do you optimize your sleep patterns to increase your energy during the day?**

- Score 10 if you know how to do this and take action which gives you an optimal sleep pattern.
- Score 0 if you don't know what makes a difference to your sleep pattern and have a poor quality of sleep.

### **Statement 7: Are you taking time out to reflect on your progress in life and towards your goals?**

- Score 10 if you consistently take time out to reflect and then take action on your reflections.
- Score 0 if you feel as though you are too busy to reflect or take no action to find that time out.

### **Statement 8: Do you have the energy to live your life in the way that you want to?**

- Score 10 if you have a consistently high energy and know what keeps this high.
- Score 0 if you have low energy or fluctuating energy that you have no control over.

