



How Good Are You To Yourself?

Simply score yourself and find out ...

Number	How Good Are You To Yourself?	Yes = 2 Points	Sometimes = 1 Point	No = no points
1	I am up to date with my health checks, e.g. Optician			
2	I am happy with my physical fitness and energy levels			
3	I eat healthily most of the time & do not abuse my body			
4	I have plenty of sleep, so I always feel well rested			
5	I take regular breaks from work and use my holidays wisely			
6	At the moment I am happy with my haircut; my wardrobe; my style			
7	I have regular periods of "Me Time" (Relax, Mediate, Journal)			
8	I prioritise my time, ensuring important things are done in time			
9	I say "No!" to myself and others when I need to			
10	My home is always clean, to a standard I am happy with			
11	My home is tidy, organised and somewhere I enjoy being			
12	My home provides me a calm place, away from stress			
13	I recognise my stress signals and know when to take a break			
14	I have lots of people in my life, that love and support me			
15	I choose to spend time with people who energise and inspire me			
16	I listen and trust my intuition when it comes to looking after me			
17	I have a mentor, that supports and encourages me in life			

18	I have no regrets and have forgiven myself for past mistakes			
19	I have let go of any negative feeling towards any other person			
20	I have things to look forward to in my life			
21	I have reserves of things that are important to me in my life			
	My total points are:-			