

# SELF CARE QUIZ

# Blooming Key

## How good are you to yourself? Let's find out!

Score 2 point for YES

Score 1 point for SOMETIMES

Score 0 for NO

	YES	NO	SOMETIMES
I am up-to date with my optician, dentist and other health check-ups	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I am happy with my physical fitness and energy levels	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I eat well nutritionally most of the time	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I have plenty of sleep	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I take regular work breaks and I use my weekends to relax	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I like my hair, my wardrobe and my style	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I meditate, journal, relax or have alone-time with myself regularly	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I prioritize how I spend my time	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I say no to myself and others when I need to	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
My home is cleaned regularly to a standard I am happy with	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
My home is organized and tidy and somewhere I love to be	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
My home is a calm haven	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I recognize my stress signals	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I have enough people in my life who love and support me	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Apart from exceptional situations, I only spend time with people who support and inspire me	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I listen to and trust my intuition when it comes to looking after me	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I have a mentor that support and encourage me in life	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I have no regrets and have forgiven myself my past mistakes	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I have let go of any past resentments towards others	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I have reserves of things that are important to me or help my life run smoothly	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
I have things to look forward in my life	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>

## The maximum score is 42! How did you do?

WHAT DID YOU LEARN ABOUT YOURSELF ?

# A GUIDE TO

# Self-care Plan



## DEVELOPING A SELF-CARE PLAN

Good self-care plan can help you enhance your health and wellbeing. It helps managing your stress and it leads to sustainable and manageable life style.



### ASPECTS OF SELF-CARE

#### PROFESSIONAL:

- Set up a support group
- Be strict with boundaries
- Educate yourself
- Learn how to say no
- Spend your weekends outside of work

#### PHYSICAL:

- Get plenty of sleep
- Aim for a healthy and sustainable diet
- Go for a walk daily
- Use your sick leave
- Get some exercise regularly

#### MENTAL:

- Start journaling
- Try meditation
- Engage with a non-work hobby
- Make time for relaxation
- Spend time with friends and family

#### EMOTIONAL:

- Make the right friends
- Go to church/mosque/temple
- Stay positive
- Go to the movies or do something you enjoy
- Keep meeting with your friends and family

#### RELATIONSHIP:

- Prioritize close relationships in your life
- Attend the special events of your family and friends
- Arrive to work and leave on time every day

For each category above, select at least one strategy or activity that you can undertake. You might notice areas of overlap between those categories. It is important to develop a self-care plan that is holistic and individual to you.

- Fill your self-care plan with activities you love and that are good for you
- Keep your plan somewhere where you can see it every day
- Stick to your plan and practice the activities regularly
- Reflect on your self-care every month and change the plan if needed

I can be a challenge but you can do this. It is important to put yourself first and focus on your wellbeing. I am here to help too!

**"Bettina has the ability to listen, hear and understand. She is able to provide incredible perspective due to her willingness to care and help others..."**

**"Identifying my inner barriers and systematically clearing them aside also greatly accelerates my daily work. Bettina, thank you very much for this elementary support on my road to success!"**

I am a Co-Active Life Coach (certified by CTI) as well as a certified Theta Healing practitioner and instructor. My unique approach to coaching combines some fundamentally different yet complementary techniques enabling you to become the best version of yourself.

I honor and welcome your uniqueness and creates a bespoke and holistic coaching journey.

*Let's Talk*

