

For the following questions, please rank each item on a scale of 0-5.

0 - Never 1 - Rarely 2 - Sometimes 3 - Often 4 - Regularly 5 - Always

PROFESSIONAL LIFE/WORK/CAREER—Do you:	Rating Scale
1. Hold a work position in an area of your interest?	0 1 2 3 4 5
2. Work in a position that matches your professional goals?	0 1 2 3 4 5
3. Find a sense of meaning and enjoyment in your work?	0 1 2 3 4 5
4. Empathize and connect with customers, clients, and work colleagues?	0 1 2 3 4 5
5. Have confidence in your ability to address challenges in your professional life?	0 1 2 3 4 5
6. Feel supported at work or in your professional life?	0 1 2 3 4 5
7. Have someone you can rely on if you need help or guidance?	0 1 2 3 4 5
8. Set limits at work, whether it be with clients or tasks?	0 1 2 3 4 5
9. Disengage and leave pressures behind at the end of the day?	0 1 2 3 4 5
10. Take vacation or holiday breaks to allow for some down time?	0 1 2 3 4 5
SOCIAL LIFE/FAMILY/RELATIONSHIPS—Do you:	
1. Have a dependable person who listens to you?	0 1 2 3 4 5
2. Have supportive family and friends close by?	0 1 2 3 4 5
3. Get enough social time with people who make you happy?	0 1 2 3 4 5
4. Participate in group activities with people who share a common interest?	0 1 2 3 4 5
5. Spend time with people who make you laugh?	0 1 2 3 4 5
6. Feel like your close relationships are loving and supportive?	0 1 2 3 4 5
7. Have the ability to comfortably say no?	0 1 2 3 4 5
8. Do something fun with family or friends at least once a week?	0 1 2 3 4 5
9. Feel like your personal life brings balance to your professional life?	0 1 2 3 4 5
10. Feel comfortable asking for help when you need it?	0 1 2 3 4 5

The higher the score, the better you may be at taking time for self-care and wellness in each aspect of your life. Trying to improve your scores can help create more balance in your life.

Consider items on which you scored 3 or lower. How can you modify your behavior to improve your self-care practices? What goals might you need to set in order to make these changes?

---

---

---