

# Caring for the Whole Person Quiz

On a scale from 1-25 (1 being the worst, 25 being the best) rate how well you take care of yourself in each of the following areas:



Body  
1-25



Mind  
1-25



Emotions  
1-25



Spirit  
1-25

Total all four scores together to get your overall self-care score.



# Physical Self-Care



**Eat poorly (too much, too little, junk food)**

**Sleep poorly (too much, too little, irregular)**

**Out-of-shape, no exercise**

**Eats well sometimes, but generally not nutritionally conscious**

**In fair but not great shape**

**Gets some exercise**

**Work and personal life are sometimes balanced**

**Eats consistently healthfully**

**Well rested**

**In great physical shape, exercises regularly**

**Balanced work and personal life**



# Mental Self-Care



**Disinterested  
in learning  
new things**

**Generally  
bored with life**

**Believing  
things never  
really change**

**Doesn't seek  
to understand  
more deeply**

**Sometimes gets  
interested in  
learning**

**Occasionally  
exchanges ideas  
with others**

**Willing to grow in  
wisdom and  
knowledge**

**Always seeking  
to learn new  
things**

**Exercises mind**

**Regularly  
exchanges  
ideas with  
others**

**Challenges self  
to constantly  
grow in wisdom  
and knowledge**



# Spiritual Self-Care



Unaware of or avoids spiritual things

Never reads scripture

No conscious fellowship with believers

No meaningful relationship with God

Prays occasionally or just at meal time

Consults God for big decisions and when in crisis

Reads scripture occasionally, but rarely studies

Assumes there may be a purpose or calling for your life but not sure what it is

Constant prayer, including with others

Spirit led in all decisions

Consistent Bible reading and study  
Regular fellowship with believers

Walks with God

Keenly aware of and fulfilling calling and purpose in life



# Emotional Self-Care



Stuffs emotions  
(ignores/avoids)

Judges emotions  
as wrong or bad

Emotionally  
numb

Fears feelings

Led by emotions  
(Let them run  
rampant)

Wallowing

Aware of emotions, but  
sometimes they are a pain

Sometimes can't tell what  
you are really feeling

Sometimes feels that  
emotions are misleading  
or distracting

Only occasionally takes  
time to really listen to and  
understand what and why  
you are feeling those  
feelings

Values emotions

Able to  
accurately  
identify them

Uses emotions  
to inform and  
guide decisions

Doesn't judge  
emotions, but  
attempts to  
listen and  
understand