



**Rebecca Ronane**  
Forward after Fifty



## Self Care Quiz

**How good are you at taking care of yourself?**

Try out this little quiz to find out..

Score 0 for Never, 1 for Sometimes, 2 for Often, 3 for Always

1. I look after my health, ensuring I eat healthily every day, exercise regularly
2. I bring relaxation into my routine each day
3. I limit my alcohol intake (if you limit your alcohol but you're a smoker then score 0)
4. I get sufficient sleep every single night and listen to what my body needs
5. I'm comfortable setting boundaries and saying no to things that aren't right for me
6. I allow myself time out from work/family commitments to do something nice
7. I have a list of things to do/places to go that lift my spirits and help me feel replenished
8. I have a fabulous circle of family/friends that support me when I need it
9. I take time to go offline - switching off all technology for a set period of time
10. I always feel calm and ready for whatever I face in the day ahead
11. I have some really good daily routines
12. I take short regular breaks throughout the day to recharge myself

How did you do?

What did you learn about yourself?

Did some of them make you smile because you recognised areas for improvement?!



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## SCORES

**0-15** What needs to change? Choose one specific area that you can improve that will have the quickest impact

**16-21** – You’re doing well, but there’s room for improvement. Think about which one of these you need the most, work on that one first and then move on to the next

**22-29** – You understand how valuable self care is and already reap the benefits of its rewards, but you can still raise those numbers if you put some work in. Keep reminding yourself why this is important

**30-36** – Wow, you’re amazing! You have this self care thing all figured out. Keep it up now

Just a bit of fun, but in all seriousness what do you need to change? We know we need to look after ourselves, we hear enough about it in the media/books etc, but it’s not always that easy. Sometimes you can push yourself so hard that it’s difficult to get out of that cycle. Time constraints are often a main factor too when it comes to taking this time for ourselves, so thinking about your day identify where you’re wasting time. It doesn’t mean life has to go on hold while you sit cross legged in your living room saying ‘ohm’ for a few hours (although I’m told that has fabulous health benefits too!) Start with a few minutes of ‘ME’ time and build it up as you can, it’s about quality time not quantity. Use it wisely.

Looking after yourself is non-negotiable. How can you be of any use to others when you’re burnt out, frazzled and ready to snap at a moment’s notice?

Self Help Quiz created by Ruby McGuire