

DO YOU TAKE GOOD CARE OF YOURSELF?

(Circle a number from 1 to 5)

ALMOST
MOST
ALWAYS
SOMETIMES
OF
RARELY
NEVER

A. I can see what I need to do to get where I want to go.	5	4	3	2	1
B. When I make a list of things to do in a day I make it realistic.	5	4	3	2	1
C. I find I have more energy when I am working toward something	5	4	3	2	1

V TOTAL

A. I feel that I am in charge of myself	5	4	3	2	1
B. I choose for myself the choices that best fit me.	5	4	3	2	1
C. I know there are no perfect choices	5	4	3	2	1

VI TOTAL

A. I am able to follow through on decisions I make	5	4	3	2	1
B. I believe taking calculated risks is part of a full and productive life.	5	4	3	2	1
C. I do things when I plan to . I avoid procrastination.	5	4	3	2	1

VII TOTAL

A. I can stand up for myself.	5	4	3	2	1
B. I can express feelings clearly and directly.	5	4	3	2	1
C. I can say no.	5	4	3	2	1

VIII TOTAL

A. I am able to keep my worrying in proportion to the situation.	5	4	3	2	1
B. When I am afraid of something, I say what it is.	5	4	3	2	1
C. When I am afraid of something, I do something about it.	5	4	3	2	1

IX TOTAL

A. A giggle is a good way for me to relax.	5	4	3	2	1
B. I enjoy the playful side of myself.	5	4	3	2	1
C. I have fun with the people I care about.	5	4	3	2	1

X TOTAL
