



# Sacred Depths

## COACH CERTIFICATION

### Radical Self-Care Assessment

*Rate yourself on a scale from 1 - 5. 1 = I have lots of room to improve on this form of self-care. 5 = I am excellent at this form of self-care. Choose only the ones that matter to you and what YOU consider part of self-care.*

- \_\_\_\_\_ Sleep
- \_\_\_\_\_ Eating well and keeping blood sugar balanced
- \_\_\_\_\_ Hydrating
- \_\_\_\_\_ Supplements everyday
- \_\_\_\_\_ Exercise
- \_\_\_\_\_ Honoring your pace and rhythm on any particular day
- \_\_\_\_\_ Taking breaks throughout the day
- \_\_\_\_\_ Grooming – hair, nails, etc
- \_\_\_\_\_ Wearing clothing you like
- \_\_\_\_\_ Taking days off
- \_\_\_\_\_ Vacation time
- \_\_\_\_\_ Ending work at an appropriate time
- \_\_\_\_\_ Soul/Spirit Time (*Journaling, Ritual, Prayer, Time in Nature, Meditation*)
- \_\_\_\_\_ Making time for things you love to do
- \_\_\_\_\_ Massage and touch
- \_\_\_\_\_ Receiving therapy, coaching or healing sessions
- \_\_\_\_\_ Limiting screen time (*computer, phone, other electronic devices*)
- \_\_\_\_\_ Appropriate (for you) boundaries around social media
- \_\_\_\_\_ Insert your own \_\_\_\_\_
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## Next Steps

*How to respond based on the scores you gave yourself.*

**1 – 2:** Any area you scored 1 or 2, identify one or two small steps you can take to make this more of a priority in your life.

**3:** For any areas you scored yourself a 3, you get to decide if you are okay with this neutral number or if you'd like it to go up. If you'd like it to go up, identify ways you can be more intentional to include this in your regular rhythms and routines.

**4 – 5:** Any area that you scored 4 or 5, continue to do and keep them front of mind so you remain intentional to setting aside time for them.

## Journaling

What did this assessment reveal to you?

What surprised you most?

What does feeling nourished mean for you personally?

What next steps will you commit to making to improve your self-care?