

Figure 1.1: Self-Care Survey—Starting Point

For each statement, check the box that reflects the frequency of your behavior within the past seven days.

In the past week, how many days did you do the following?	Never (zero days)	Rarely (one day)	Sometimes (two to three days)	Often (four to five days)	Always (six to seven days)
Physiology					
I drank at least six glasses of water.					
I got at least seven hours of sleep.					
I ate a variety of nutritious foods from a range of food groups.					
I engaged in physical activity.					
Safety					
I felt safe at school.					
I felt safe at home or away from school.					
I felt a sense of order or consistency at school.					
I felt a sense of order or consistency at home or away from school.					
Belonging					
I felt included and respected at school.					
I felt included and respected at home or away from school.					
I felt like a coworker truly cared about my well-being.					
I felt like a family member or friend truly cared about my well-being.					
Esteem					
I spoke kindly to myself.					
I felt competent in my job.					
I felt important at home or school.					
Someone recognized the work I do at school or elsewhere.					

In the past week, how many days did you do the following?	Never (zero days)	Rarely (one day)	Sometimes (two to three days)	Often (four to five days)	Always (six to seven days)
Self-Actualization					
I set personal goals at home or school.					
I believed I could accomplish what I set out to do.					
I had a positive outlook on the future at home or school.					
I had a moment of flow or a peak experience (where I felt totally, completely happy and at peace) at home or school.					
Transcendence					
I felt inspired at home or at school.					
I did something at home or at school for someone else without anyone asking me to.					
I felt empathy toward someone else or I forgave someone at home or at school.					
I felt a sense of gratitude or engaged in mindfulness.					