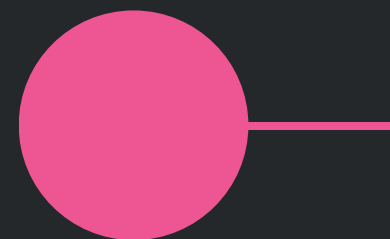


# THE 2 MINUTE SELF-CARE QUIZ

10 essential questions to help you define how well you look after yourself



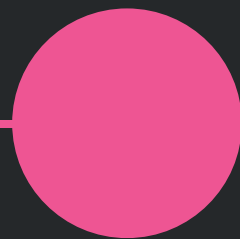


RECONNECT  
INDIVIDUAL RETREATS

# BY TAKING BETTER CARE OF OURSELVES...

We are better able to take care of others

Over the following slides you will be asked 10 simple questions. All you have to do is count how many times you answered “NO”





# DO YOU KNOW...

How to regulate your nervous system?

YES

NO

Hint: This means when you are anxious do you know what to do to calm your body down?

1/10



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Do you feel you have good balance in your  
life?

YES

NO

2/10

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”

Do you feel you speak kindly to yourself in your head or out loud?

YES

NO

3/10

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# DO YOU KNOW...

how to nurture yourself?

YES

NO

Hint: This means when you are feeling low, are there things you do to make yourself feel better? E.g. listening to your favourite music in a bubble bath

4/10



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Do you regularly spend time in nature or other places that bring you joy?

YES

NO

5/10

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”

Do you feel connected to and love  
your younger self?

YES

NO

Hint: This means when you look back at situations  
from childhood are you compassionate or are you  
more closed off to those feelings?

6/10

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# DO YOU KNOW...

what triggers you to feel dysregulated?

YES

NO

Hint: This means do you know what throws you off your game or can you identify triggers that upset you?

7/10



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Do you get good quality sleep on a regular basis?

YES

NO

8/10

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”

Do you feel lit up by your life?

YES

NO

Hint: This means when you look at your life as a whole  
does it excite you?

9/10

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# DO YOU KNOW...

who you truly are and what you value?

YES

NO

Hint: This means do you feel you have purpose?  
Are you clear on what is important to you in life?

10/10

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# Count how many times you said NO

Yes

No

Q1. Do you know how to regulate your nervous system?

Q2. Do you feel you have good balance in your life?

Q3. Do you feel you speak kindly to yourself in your head or out loud?

Q4. Do you know how to nurture yourself?

Q5. Do you regularly spend time in nature or other places that bring you joy?

Q6. Do you feel connected to and love your younger self?

Q7. Do you know what triggers you to feel dysregulated?

Q8. Do you get good quality sleep on a regular basis?

Q9. Do you feel lit up by your life?

Q10. Do you know who you truly are and what you value?



**TRACEY QUAYLE**  
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# HOW DID YOU GO?

COUNT HOW MANY TIMES YOU ANSWERED "NO" AND THEN COMPARE IT TO THE GUIDE BELOW.

0 - 3

You are doing well! You are showing good self-care. Keep it up.

4 - 6

You could be more loving towards yourself and would benefit from exploring ways to work on this. Our retreat is one option to consider.

7 - 10

You are not caring for yourself and should consider our retreat where we can show you how to love yourself more.

