

Self-Care Questionnaire

Questions adapted from KASAP-provided material

- 1.) What do you currently do on a regular basis to take care of yourself?
 - a.
 - b.
 - c.
- 2.) In an ideal world (if money and/or time were not a prohibiting factor), what would you do to take care of yourself?
 - a.
 - b.
 - c.
- 3.) What currently prevents you from taking care of yourself in the way you would like to?
 - a.
 - b.
 - c.
- 4.) What benefits do you think you would gain from taking better care of yourself?
 - a.
 - b.
 - c.
- 5.) Think of someone you would like to emulate when it comes to self-care. What positive effect can you see in his/her life?
 - a.
 - b.
 - c.
- 6.) Think of someone who needs to improve the way they take care of themselves. What consequences do you see in his/her life resulting from poor self-care?
 - a.
 - b.
 - c.