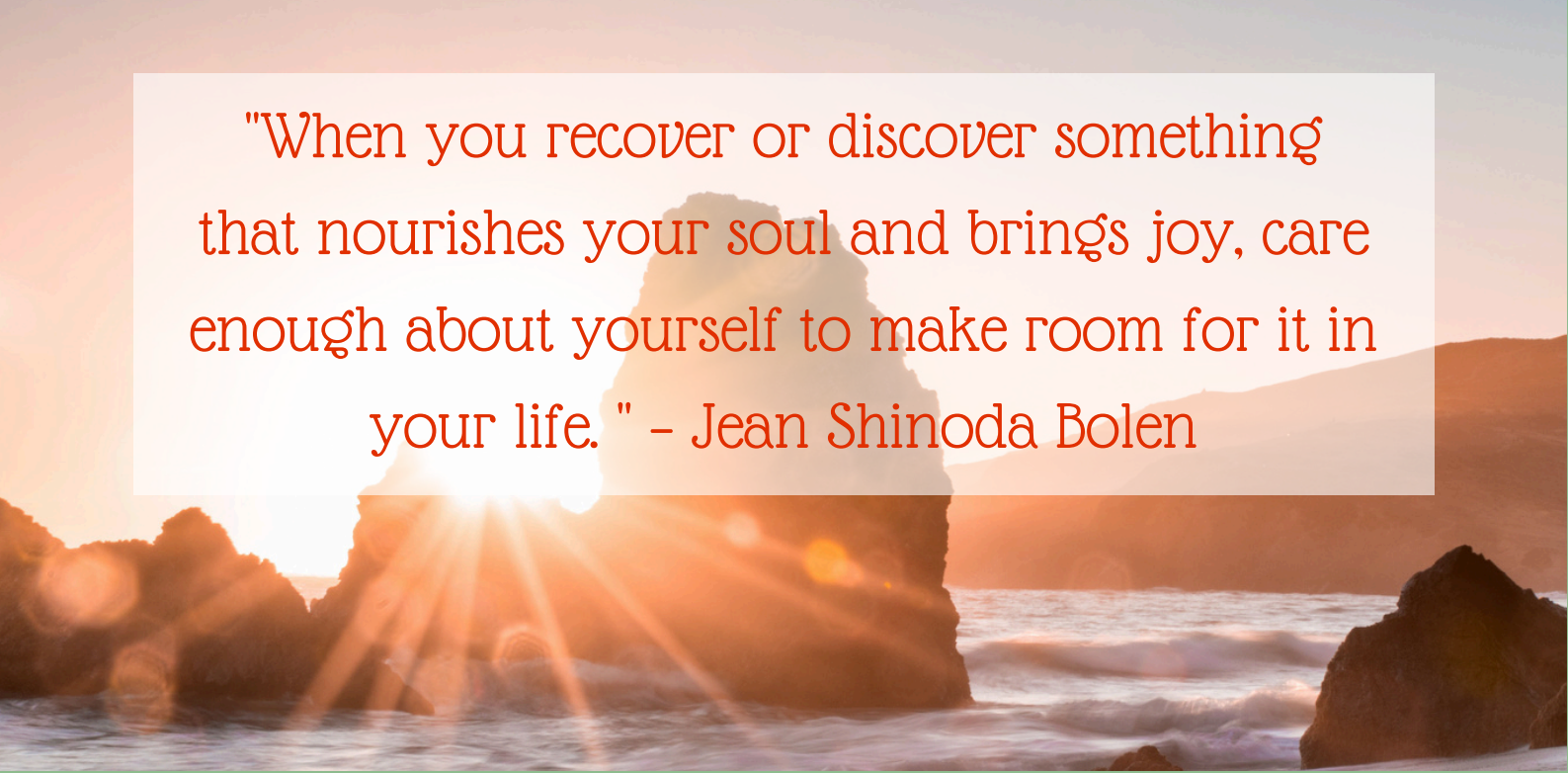


It's the beginning of your journey

# SELF CARE QUIZ INSIDE





"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life. " – Jean Shinoda Bolen

## A very warm welcome to the Just Be Loved: Self Care Quiz!

I am passionate about encouraging you to improve your health and wellbeing and this quiz will help you shine a light on what exactly self care means to you.

Find out if self care is one of your priorities and gain a whole bunch of ideas for acts of self care too!

Are you ready? Right, find a quiet space where you won't be interrupted, turn off your phone, put your do not disturb sign on the door and let your journey begin!

A little encouragement...

If you feel sad about what the quiz reveals....remember you are at the beginning of your journey. This is just a reflection of now and we're in this together! I promise that the Just Be Loved: 7 Days to Self Care will help you improve your score and your awareness of prioritizing your Self Care.

Best wishes, Louisa x





“There’s only one corner of the universe you can be certain of improving, and that’s your own self.”

Aldous Huxley

Before taking the quiz below please take a few minutes and think about what kinds of self care practices you do....if any? Here are some examples of positive self-care practices:

- Having a long soak in a warm bath with some aromatherapy oils
- Eating cleanly and nourishing yourself with good nutrition
- Getting active, walking, running, exercising
- Reading a good book
- Meeting up with friends online
- Having a facial or massage
- Taking time for self-reflection - space away from distractions
- Playing games, doing a puzzle.
- Making time for your hobbies – photography, crafting, crochet, painting
- Getting a good night’s sleep, resting when you need to
- Staying hydrated by drinking plenty of water daily



# The Self Care Quiz

Circle a), b), c) or d) for your answer

**Q1 How much time do you consciously devote to self care?**

*Think less about time spent sleeping, drinking water, eating clean & more about conscious acts like having a long hot soak without interruptions*

- a) None
- b) When I can fit it in - maybe an hour or less a week
- c) Regularly - at least three hours a week
- d) Daily self care is very important to me

**Q2 When you feel stressed you are most likely to ....?**

- a). Comfort yourself with a your favourite alcoholic beverage, food or buy stuff
- b) Watch tv or play a game to take your mind off your stress
- c) Do something like go for your daily walk or run, exercise at home
- d) Spend some time reflecting on why you feel stressed and expressing your emotions

**Q3 Which of the following statements resonates most with you?**

- a) I have not thought about self care until now
- b) I often put others' needs before my own, my self care is last on the list
- c) Self care for good health and wellbeing important to me
- d) I fully understand what self care is for me

**Q4 Which of the following statements do you agree with the most?**

- a) I believe putting myself first is selfish
- b) I think putting myself first may have a negative impact on my family
- c) I value myself and sometimes try to put my needs first
- d) I know that practising self care makes me more productive, to be the best version of me

**Q5 When it comes to relaxing you...**

- a) Always struggle to switch off and relax
- b) Find it easier if you buy yourself a treat - food, drink or clothing
- c) Look forward to it, you are ready
- d) Find it easy and effortless, you know how to relax

Nearly there, just 5 more questions to go....

# The Self Care Quiz

**Q6 When you practise self care how do you feel?**

- a) Guilty or selfish
- b) Okay
- c) Good
- d) Amazing

**Q7) How would you describe the quality of your sleep?**

- a) Poor - I often feel tired, I don't sleep well
- b) Average, I try and get enough sleep but family/work interfere
- c) Good, I have a routine most evenings and generally sleep well
- d) Excellent, sleep is very important to me so I have a good routine and make sure I get a good night's sleep

**Q8) When you exercise you...**

- a) Feel it's a chore and you can't wait until it's over
- b) Don't look forward to it but are fine once you get going
- c) Feel good
- d) You look forward to exercising and it makes you feel fantastic

**Q9) You do something you love**

- a) Less than once a quarter
- b) Every month
- c) Every week
- d) Every day

**Q10) How often you feel unwell, catch a bug or a cold?**

- a) Frequently - I catch everything
- b) A few times throughout the year
- c) Hardly ever, when I do I recover fairly quickly
- d) Never, I have an excellent immune system

**Now it's time to work out your score and write it in the heart**

- a)'s = 0 points
- b)'s = 5 points
- c)'s = 10 points
- d)'s = 15 points



**my self care score  
today is**



# the issue

**So how did you do?**

**What have you learned about yourself?**

Once you have added up all your points find your score below

**115-150**

**Wow I'm impressed!** You are great at prioritising your own self care. You know how important it is and you know how to take the best care of YOU. How can you improve on this? Are there any stressors in your life that you can reduce further? Is your self care a consistent part of your routine? Look back over the questions you scored the lowest points and think about what actions you can take to improve. Looking for new ways to heighten your self care practices? Take a look at my [Just Be Loved: 7 Days to Self Care](#) mini course. Scroll down for details.

**71-114**

**You are doing well, you value yourself and you know how to take care of yourself. Can you do more of it?** Can you put your needs first more often? You will feel happier and healthier if you can and this will have a positive effect on your loved ones and your relationships with your family. Maybe have a chat with your friends and family and see how they could help you. For more inspiration and help to improve your score sign up for my [Just Be Loved: 7 Days to Self Care](#) mini course. Scroll down for details.


**0-70 Has doing this quiz been a bit of a wake up call for you?** Your actions don't seem to reflect that you are taking care of yourself. Your score indicates that you don't really feel you deserve to take care of yourself. Instead of relaxing and nourishing your body you are more likely to find an escape route or some quick gratification. Your self care is important, your loved ones, family and friends want you to feel vibrant and loved and you are the one who needs to take action. Like my mother always says - "**only you can take care of yourself**" - meaning no one else can do it for you. You are important and you need to value yourself a little more and start caring for YOU. Don't worry you don't need to make huge changes all at once, just pick one thing to do for yourself, one action that is caring and nourishing like doing a 10 minute meditation every day.

If you have received a low score and it's linked with you being a full time carer remember there are little steps you can take.

For more inspiration and help to improve your score sign up for my [Just Be Loved: 7 Days to Self Care](#). See details overleaf.

**Turn over or scroll down for full details about [Just Be Loved: 7 Days to Self Care](#)**





“Love yourself first, and everything else falls in line. You really have to love yourself to get anything done in this world.” ~  
Lucille Ball

## So what now?

Okay so you've got your score and so the next step is for you to spend a little time to discover what 'Self Care' really means to you and learn some easy steps to help you begin to love yourself a bit more and at the same time to take care of YOU!

And to help you with this I'm really excited to share with you my *free* [Just Be Loved: 7 Days to Self Care](#) mini course. To get this all you need to do is [click here to sign up](#) on my website.

In the meantime, if you would like me to take care of some of your self-care through some calming or uplifting organic handmade skincare and aromatherapy oils and sprays, please visit my website [www.justbenatural.co.uk](http://www.justbenatural.co.uk) for more information.

You've got this! Best wishes, Louisa x