

HEALTHY HABITS WORKSHEET

Date _____

HEALTHY HABITS/ SELF-CARE	On a scale of 1 (low) to 10 (high) where would I rate myself in each of the following areas?	What one thing do I commit to do to improve in this area?
Sleep	1 2 3 4 5 6 7 8 9 10	
Water	1 2 3 4 5 6 7 8 9 10	
Nutrition / Healthy Food & Fuel	1 2 3 4 5 6 7 8 9 10	
Exercise	1 2 3 4 5 6 7 8 9 10	
Mental Nourishment / Affirmations / Positive Self-Talk	1 2 3 4 5 6 7 8 9 10	
Relaxation	1 2 3 4 5 6 7 8 9 10	
Spirituality	1 2 3 4 5 6 7 8 9 10	
Other Self Care	1 2 3 4 5 6 7 8 9 10	