

Alexandra Archer
Importance of Self

**HOLISTIC
SELF - CARE**

Assessment



HOLISTIC SELF-CARE *Assessment*

Self-Care activities are deliberate acts of taking care of the whole of ourselves: things we do to maintain and improve overall health and happiness. I'm sure you are already doing some of these activities, but just how well are you doing them and most importantly, are you doing them holistically, on your Mind, your Body and on your Spirit ?

The goal of this assessment is to help you be aware of your holistic self-care needs by spotting patterns and recognizing areas of your life that need more attention. Each question asks you to think about how often or how well you perform these different self-care activities.

There are no right or wrong answers on this assessment, rather this is a starting point or perhaps your first step to a thriving self-care practice and a thriving YOU.

A YOU that Lives and Loves everyday Life, Well and Abundantly.

Scoring Holistic Self-Care Questions

1 I do this poorly

2 I do this ok

3 I do this well

* I would like to improve at this

" Self-care is personal health care for your Mind, Body and Spirit. "

Alexandra Archer



HOLISTIC SELF-CARE *Assessment*

Physical Self-Care

1

2

3

*

I eat a variety of healthy foods

I drink plenty of water

I regularly (3-6x prwk) exercise

I get enough sleep

I rest when need to

I regularly move my body (walking, swimming, sports, dancing)

I take care of my personal style and beauty

I take breaks, especially when working

I go to medical appointments for health checkups (teeth, eyes, feminine-care)



HOLISTIC SELF-CARE *Assessment*

Mental Self-Care

1

2

3

*

I take regular time off for myself

I read regularly just for fun

I love learning new things

I manage and maintain a positive mindset

I talk about and share my problems

I take regular breaks from technology

I know myself well, warts and all

I relax and rest mentally with mindful activity

I plan and achieve my goals.



HOLISTIC SELF-CARE *Assessment*

Spiritual Self-Care

1

2

3

*

I spend time in Nature

I meditate with Chakras and my higher self

I have a daily Gratitude practice

I visualise my intentions and my life dreams

I connect with my inner child

I believe in something bigger than myself

I engage in my passions

I support causes and charities

I spend time in contemplation with Mother Earth,
the Universe or God



HOLISTIC SELF-CARE *Assessment*

Emotional Self-Care

1

2

3

*

I express my feelings in a healthy way

I laugh out loud and chuckle to myself

I believe in myself and know my worth

I go on holiday or take a stay-cation

I get creative and artistic

I spend time with loved ones just because

I spend time with upbeat friends

I allow myself to just be

I write a journal and look for other written inspiration (poems, musings...)



HOLISTIC SELF-CARE *Assessment*

Business Self-Care

1

2

3

*

I update my business skills

I collaborate and network with others

I am passionate about my industry

I balance my business and personal life

I earn my worth

I have a great work space under my control

I am financially abundant

I out-source everything that is not a high skill

I have a mentor/coach and support



HOLISTIC SELF-CARE *Assessment*

Social Self-Care

1

2

3

*

I surround myself with like minded people

I keep in touch with loved ones

I am part of a club or group

I ask for help when I need it

I welcome new people and situations

I have an open house with food and smiles

I know my neighbours

I go on dates or date nights

I do local charity days or volunteering



HOLISTIC SELF-CARE *Assessment*

Instructions: Think about the new year ahead 2024 and complete the following questions

I am most excited for

I want to improve

My Big Goal 2024

My overall vision for 2024

Add up your scores

Physical Self-Care

Business Self-Care

Mental Self-Care

Social Self-Care

Spiritual Self-Care

Emotional Self-Care

Overall Holistic Self-Care Score

My name:

My email:

Date:



HOLISTIC SELF-CARE Assessment

Overall Holistic Self-Care Scores

1-80

This score indicates that you are struggling with your holistic self-care practice. The good news is you obviously realise that self-care is important otherwise you would not have taken this assessment. All the free resource inside the group are beneficial to where you are at right now, all you need to do is engage with them. I suggest affirming the Self-Care Manifesto daily while I put together a more tailored response to your assessment.

81-121

Well done you are obviously trying to be serious about your holistic self-care practice. Your assessment will highlight the areas you are doing well in and those you might be struggling with. I have lots of resources in this group which are targeted to specific areas of holistic self-care. I suggest you look in the guides section of the group and look for any appropriate challenges that address your weaker areas while I take a deep dive into your assessment scores.

122-162

Congratulations you obviously take your holistic self-care practice seriously and know how important it is for living your every day life well and abundantly. The Importance of Self is your natural home. I will continue to put out regular challenges and will be sure to tag you as a serious Queen of Holistic Self-Care. Please remember to email me your assessment because no matter how well we are doing a fresh pair of eyes can always gives us a new perspective.

Next...

Save your completed form and email it to me at importanceofself@gmail.com.

I will send you my FREE Self-Care Makeover Pack.

Empowering you further along your Journey of Self.

Alexandra Archer

IMPORTANCE OF SELF

Empowering YOU to Live and Love
everyday LIFE well and abundantly.

So YOU CAN
take your goals and dreams to the
NEXT LEVEL !



Hello xXx

My name is Alexandra Archer and I am a Holistic Life Coach and Therapist. I have over 2 decades of experience coaching abundant health and happiness to people from all walks of life, people just like YOU who want to level up their lives and create the life of their dreams.

I am 56 years of age and in private practice as a Holistic Life Coach and Therapist. I am based in the beautiful Cotswolds with treatment rooms in Gloucester and Cheltenham. Officially I am a Counsellor, Nutritionist, NLP and EFT Practitioner, energy healer and holistic bodyworker. Unofficially I am your guide, healer, teacher, confidante and coach loaded with tools, skills and resources for all your mental, physical and spiritual development needs.

My unique Power of Three holistic approach is the difference
that makes the difference !

DO YOU NEED
MORE HELP?

GET IN TOUCH



importanceofself@gmail.com

07 535 368 663

www.importanceofself.com