



THE OPTIMISTIC PSYCHOLOGIST

Self - Assessment *Workbook*



A Tool to Help You Develop Self-Awareness

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Self Assessment



Sun

Mon

Tue

Wed

Thu

Fri

Sat

How do I feel at this moment?

Overall Well-being

Yes

No

I get enough sleep

Yes

No

I spend time to recharge

Yes

No

I have a healthy eating habit

Yes

No

I keep my space clean

Yes

No

I exercise my body regularly

Yes

No

I take care of my hygiene

Yes

No

What am I putting off?

Self Care Goals

5



Sun

Mon

Tue

Wed

Thu

Fri

Sat

What does self care mean to me?

What is the purpose behind my self care goals?

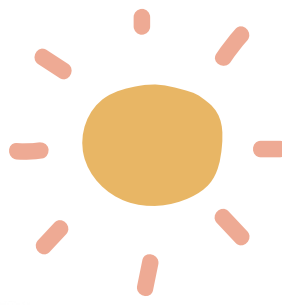
What motivates me to achieve them?

How can I achieve them?

Habits to Start

Habits to Stop

2



Self Reflection



Sun

Mon

Tue

Wed

Thu

Fri

Sat

“
always
take a
risk to
break
bricks



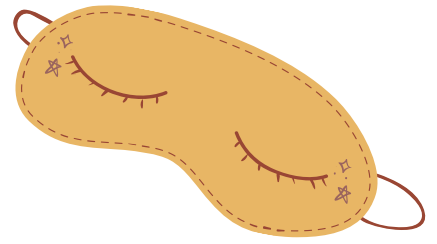
What keeps me grounded?

Who gives me comfort?

Where do I feel safest?

When am I at my best?

Sleep Tracker



Month:

Year:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep							
Hours							
Wake Up							
Mood							

Notes:

30-Day Self Care Challenge



Month:

Year:

Write a letter <input type="checkbox"/>	Go for a walk <input type="checkbox"/>	Practice yoga <input type="checkbox"/>	Light a candle <input type="checkbox"/>	Take a nap <input type="checkbox"/>
Go to bed earlier <input type="checkbox"/>	Write a bucket list <input type="checkbox"/>	Eat healthy food <input type="checkbox"/>	Watch a movie <input type="checkbox"/>	Play with a pet <input type="checkbox"/>
Pamper yourself <input type="checkbox"/>	Go on a solo date <input type="checkbox"/>	Practice gratitude <input type="checkbox"/>	Try a DIY project <input type="checkbox"/>	Ask for a hug <input type="checkbox"/>
Explore a new city <input type="checkbox"/>	Spend time in nature <input type="checkbox"/>	Write a journal <input type="checkbox"/>	Read a book <input type="checkbox"/>	Watch the sunrise <input type="checkbox"/>
Sit in the sun <input type="checkbox"/>	Start a new hobby <input type="checkbox"/>	Spa day at home <input type="checkbox"/>	Grow a plant <input type="checkbox"/>	Watch the sunset <input type="checkbox"/>
Eat mindfully <input type="checkbox"/>	Learn a new skill <input type="checkbox"/>	Set small goals <input type="checkbox"/>	Drink plenty of water <input type="checkbox"/>	Paint your nails <input type="checkbox"/>

