



Self-Assessment Form from The Bloom Game

Here's the rating scale to measure how you're currently doing in the area of nurturing yourself. (This is just section 1 of a 3-part assessment available online through the Bloom Game at The Power of Moms.) Relax, breathe, and be totally honest..we're not going to peek.

1 = Help! 2 = Not so great; 3 = Okay; 4 = Pretty good; 5 = Wonderful

Part 1: Nurture Yourself

Physical Care:

Overall feeling you have towards yourself physically

1 2 3 4 5

Exercise and Fresh Air

Amount of exercise you get

1 2 3 4 5

Quality of exercise you get

1 2 3 4 5

Amount of fresh air you get/time you spend outdoors

1 2 3 4 5

Eating habits:

Quality of food you eat

1 2 3 4 5

General eating patterns and habits

1 2 3 4 5

Amount of water you drink

1 2 3 4 5

Sleeping Habits:

Amount of sleep you get

1 2 3 4 5

Quality of sleep you get

1 2 3 4 5

Amount of rest/relaxation time in your day

1 2 3 4 5

Appearance/Feeling Good about How you Look:

How you look to yourself

1 2 3 4 5

Perception of how you look to others

1 2 3 4 5

What would you most like to change about how you look and feel physically?



Please remember that these materials are only to be used by Certified Power of Moms Trainers.

Mental

Overall feeling you have towards the development of your mind and intellect right now

1 2 3 4 5

Overall extent to which your mind feels organized and calm

1 2 3 4 5

Amount of stress you experience

1 2 3 4 5

Amount of time you spend reading, listening to podcasts or doing other things that engage your intellect

1 2 3 4 5

Amount of time you spend doing activities that offer you interest, challenge and fulfillment

1 2 3 4 5

Control of your actions (willpower to get yourself to do what you feel you should do)

1 2 3 4 5

What would you like to change about the way you take care of yourself mentally? What would you like more of in your life?

Emotional

Overall feeling about how you're doing as a mother

1 2 3 4 5

Overall feeling about how you're doing as a wife

1 2 3 4 5

Ability to manage the stress you feel on a daily basis

1 2 3 4 5

Extent to which you have positive feelings towards yourself (Extent to which you like yourself)

1 2 3 4 5

Extent to which you have positive feelings towards your family

1 2 3 4 5

Control of your emotions and moods

1 2 3 4 5

Positive and constructive expression of your feelings

1 2 3 4 5

Amount of patience you exhibit

1 2 3 4 5

What would you like to change about your emotional reactions or overall emotional health?

Social

Overall satisfaction with the social interactions you have with other adults

1 2 3 4 5

Amount of quality time you spend with your spouse

1 2 3 4 5

Amount of quality time you spend in active interaction with friends or family members (in person, over the phone)

1 2 3 4 5

Amount of quality time you spend with friends or family members via the Internet (email, Facebook, etc.)

1 2 3 4 5

What would you like to change about the amount and quality of social interactions you have?



Spiritual

Overall satisfaction with your current level of spirituality

1 2 3 4 5

Degree to which you feel hope for the future

1 2 3 4 5

Satisfaction with the degree to which you feel the involvement of a higher power in your life

1 2 3 4 5

Amount of quality time you spend in prayer, meditation, or connecting with a Higher Power

1 2 3 4 5

What would you like to change about your spirituality?

Financial

Overall satisfaction with your spending habits.

1 2 3 4 5

Ability to avoid "impulse buys" or purchase things without careful thought or genuine need

1 2 3 4 5

Ability to save money (for large purchases or for a "rainy day")

1 2 3 4 5

Degree to which you understand your family finances, debt management, and investment options

1 2 3 4 5

What would you like to change about the way you view your finances and use your money?

Serendipity Moments

Overall appreciation of the small, unplanned, meaningful events or moments that arise in your life

1 2 3 4 5

Degree to which you take advantage of the spontaneous moments for fun or learning that come up

1 2 3 4 5

Amount of joy and fun you have in your life

1 2 3 4 5

Satisfaction with your willingness to deviate from your plans or schedule to take advantage of an opportunity or need that arises

1 2 3 4 5

What would you like to change about your attitude toward the unexpected?

*** What area feels like it needs the most work? What area has the most 1's, 2's or 3's? What is ONE GOAL you can set to improve in that area?

