



Curious about the well of your being?

Amid busy schedules, constant demands, and the pressures of daily life, it's easy to put ourselves last. But well-being isn't a luxury—it's a necessity. It's how we refuel, protect the dimensions of who you are, allowing you to show up to every part of your lives fully.

Take a moment. Pause. Reflect.

How are you truly caring for yourself?

Below are five essential categories of well-being. As you read through each, honestly rate yourself on two things:

1. **Frequency**—How often do you engage in this type of self-care?
2. **Effectiveness**—How well is it actually working for you?

This isn't about judgment. It's about awareness—and empowering yourself to take better care of you.



Physical Well-Being	4 I do this well (or frequently)	3 I do this ok (or occasionally)	2 I barely/ rarely ever do this	1 I never do this, but would like to	0 I never do this and am not interested in doing it
Eat regularly (e.g., breakfast, lunch, and dinner)					
Eat healthily					
Engage in physical activity(ies)					
Dance, swim, play sports, sing, etc.					
Get regular medical care for prevention					
Take time off when sick or need a day off					
Get body work (e.g., massages, acupuncture, etc.)					
Take time to be intimate with partner					
Restful sleep					
Wear clothes I like					
Travel for leisure and fun					
Other:					
Tally up each column (e.g.: 4, 3, etc.), place the # here:					



Psychological Well-Being	4 I do this well (or frequently)	3 I do this ok (or occasionally)	2 I barely/ rarely ever do this	1 I never do this, but would like to	0 I never do this and am not interested in doing it
Curious about the world—people, places & things					
Take time away from electronic devices					
Make time for self-reflection					
Notice my inner experience—listen to my thoughts, beliefs, attitudes, feelings					
Journal					
Read literature that is unrelated to work					
Do something at which I am not an expert or in charge					
Attempt to minimize stress in my life					
Say ‘no’ to extra responsibilities sometimes					
Have a psychotherapy					
Engage in intellectual endeavors					
Let others know different aspects of ‘me’					
Other:					
Tally up each column (e.g.: 4, 3, etc.), place the # here:					



Emotional Well-Being	4 I do this well (or frequently)	3 I do this ok (or occasionally)	2 I barely/ rarely ever do this	1 I never do this, but would like to	0 I never do this and am not interested in doing it
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Spend time with others whose company I enjoy					
Stay in contact with important people in my life					
Love myself					
Allow myself to cry					
Find things that make me laugh					
Acknowledge and affirm what I am doing well					
Re-read favorite books/Re-view favorite movies					
Identify comforting activities, objects, people, places and seek them out					
Express my concerns in social action, letters, donations, marches, protest					
Find things that make you laugh					
Find time to play					
Other:					
Tally up each column (e.g.: 4, 3, etc.), place the # here:					



Spiritual Well-Being	4 I do this well (or frequently)	3 I do this ok (or occasionally)	2 I barely/rarely ever do this	1 I never do this, but would like to	0 I never do this and am not interested in doing it
Make time for reflection					
Spend time in nature					
Find a spiritual connection or community					
Open to inspiration					
Optimistic and hopeful					
Aware of non-material aspects of life					
Open to not knowing					
Meditate/Pray					
Have experiences of awe					
Contribute to causes in which I believe					
Identify what is meaningful to me and notice its place in my life					
Try at times not to be in charge or the expert					
Read inspirational literature					
Other:					
Tally up each column (e.g.: 4, 3, etc.), place the # here:					



Relationship (Personal) Well-Being	4 I do this well (or frequently)	3 I do this ok (or occasionally)	2 I barely/ rarely ever do this	1 I never do this, but would like to	0 I never do this and am not interested in doing it
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Schedule regular dates/time with partner, family, children, parents					
Make time to see friends/Foster friendships					
Stay in contact with faraway friends & family members					
Make time to reply to personal emails, cards, letters					
Allow other to do things for me					
Ask for help when I need it					
Share fear, hope, or secret with a trusted friend					
Figuring out what I want in life					
Plan short- & long-term goals					
Make time to relax with loved ones					
Other:					
Tally up each column (e.g.: 4, 3, etc.), place the # here:					



Workplace or Professional Well-Being	4 I do this well (or frequently)	3 I do this ok (or occasionally)	2 I barely/rarely ever do this	1 I never do this, but would like to	0 I never do this and am not interested in doing it
Take a break during the workday					
Take time to chat with co-workers					
Make quiet time to complete tasks					
Identify projects or task that are exciting and rewarding					
Set limits with clients and colleagues					
Balance my workload so that no one day or part of a day is 'too much'					
Arrange workspace so it is comfortable and comforting					
Feel supported by peers					
Strive for work-life integration (balance)					
Strive for balance among work, family, relationships, play, and rest					
Get regular supervision					
Plan next career					
Take vacation and sick days					
Other:					
Tally up each column (e.g.: 4, 3, etc.), place the # here:					



Summary & Reflection

Now that you've rated your well-being practices, take a moment to review your responses.

+ Which areas are your strongest?

Look at the categories where you scored mostly 4s and 3s. These are your most active areas—where you're already showing up for yourself with intention and consistency. Celebrate these wins and think about what's working well there.

+ Which areas could use more attention?

Look at the categories where you scored mostly 1s and 2s. These are your least active areas—where you may be feeling stretched, overlooked, or in need of support. These areas present opportunities for growth and small changes that can make a big difference.

Most Active Areas

(The areas where you scored mostly 4s & 3s)

+ _____
+ _____
+ _____

Least Active Areas

(The areas where you scored mostly 1s & 2s)

+ _____
+ _____
+ _____



Your Reflection

How might working with Novelette A. DeMercado (BETA Coaching & Consulting) help move the needle on your well-being?

Take a moment to consider how support, structure, and coaching could guide you toward deeper balance, greater clarity, and intentional growth. Where do you need the most guidance or accountability?

In six words, what are your reasons for wanting to work with a coach?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____



Curious about our coaching services?

If you're ready to explore coaching, schedule a time to talk with Novelette A. DeMercado today.



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