

# Self-Assessment: Is Stress Taking Over Your Life?



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1. Do you sleep well at night?
- Yes, I'm asleep before my head hits the pillow.
  - Sometimes, it depends on what's on my calendar for the next day.
  - No. I see replays of the day and everything that went wrong.
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2. Do you wake up easily in the morning?
- Yes, I'm always eager to start my day.
  - Sometimes, it depends on how well I slept.
  - No. I often wake up with a lump in my throat, afraid of what the day has in store for me.
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3. Do you enjoy your job/business/career?
- Yes, it's my dream!
  - Sometimes, it depends on the tasks I need to complete.
  - No, there's too much to do and my brain is always thinking about work.
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4. Do you make any time for self-care during the week?
- Yes, I have a whole self-care routine.
  - Sometimes, when I think of it.
  - No, who has time?

5. Would you characterize yourself as a person who manages stress well?

- Yes, I'm pretty even-keeled.
  - Sometimes, it comes and goes in cycles throughout the year.
  - No, I'm a constant worry-wart.
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6. Have you ever tried to eliminate your stress by taking action of any kind?

- Yes, it's how I stay sane.
  - Sometimes, but it really takes a lot of effort.
  - No. I don't know what to do differently.
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7. Do you go on vacation – or take a staycation – just to get away from everyday life?

- Yes, we look forward to it every year.
  - Sometimes, when money and time allow.
  - No, it's too hard to schedule between family and work schedules.
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8. Do you feel like you're living your best life?

- Yes, I can't think of anything I would change.
  - Sometimes, if I find time to think about it.
  - No, I feel like I've missed my calling in life.
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9. Do you feel like you're living your best life?

- Yes, I can't think of anything I would change.
- Sometimes, if I find time to think about it.
- No, I feel like I've missed my calling in life.

10. What do you feel is your biggest source of stress?

- Family problems
  - Financial problems
  - Job/business/career problems
  - Toxic people in my life
  - Other:
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Now that you've answered each question honestly, go back through your answers and jot down ways you can make changes to your stress level. Start slowly by adding one self-care task a week. That can be as simple as taking a warm bath or giving yourself a home facial. Even taking a walk does a body good and will help your mood.

You don't need to make big, sweeping changes; start small and when that one thing becomes a habit, add in a new positive action.

There aren't any point values involved and no one will come back to check on whether you've made changes; but improving each of these answers toward the YES column will greatly help you change your stress level for the better. If you've already answered YES to all these questions, continue what you're doing because you're on the right path!

