



# SELF ASSESSMENT WORKSHEET

This worksheet is designed to help you gain insight into your current lifestyle habits so that you become aware of where you are at, and what you can do to change your current state. You can print out this worksheet or simply write the questions in your journal or in notes on your phone.

## Question 1 - The main reason I need to get back on track is because:

- a) I am recovering from an injury
- b) I am unmotivated to get active
- c) I feel lethargic and have no energy
- d) I don't sleep well
- e) I am feeling unhappy
- f) I want to lose weight
- g) I just want to feel better overall

Some ideas on how I can get myself back on track  
are:

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**Question 2 - I have lots of energy and can get through the day without being overly tired:**

- a) Yes
- b) Somewhat
- c) Not really
- d) Not at all

**Here are some things that I can do to feel more energetic throughout the day:**

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**Question 3 - My overall sense of wellbeing:**

- a) I feel great
- b) I feel average
- c) I don't feel well at all

**Here are some things that I can do to improve my overall sense of wellbeing:**

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**Question 4 - I aim to get 7 to 8 hours of sleep each night:**

- a) Yes
- b) Sometimes
- c) Not at all

**Here are some things that I can do to get more sleep:**

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**Question 5 - I strive to eat well:**

- a) Yes
- b) Sometimes
- c) Not really

**Here are some ideas on how I can improve my eating habits:**

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**Question 6 - Mostly I feel happy:**

- a) Yes
- b) Sometimes
- c) Not at all

**Here are some things that I can do to improve this and bring more joy into my life:**

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**Question 7 - I see my friends and/or family at least once a week:**

- a) Yes
- b) Sometimes
- c) No

**Here are some ideas on how I can improve my social connections:**

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**Question 8 - I have strategies to deal with stress / stressful situations:**

- a) Yes
- b) Sometimes
- c) Not at all

**Here are some things that I can do to improve this and reduce stress:**

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**Question 9 - I often feel hurried and restless:**

- a) Yes
- b) Sometimes
- c) No

**Here are some ideas on how I can change this feeling:**

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