

Self Reflection Quiz

Physical

1. I appreciate my body and feel comfortable in my own skin.
2. I feel well rested when I wake up in the morning.
3. I make an effort everyday to exercise/move my body.
4. I have a good relationship with food and my body feels good from the food I eat.
5. I give my body time to relax and rest.

Spiritual

1. I meditate or give myself time to think everyday.
2. I have personal values and standards I strive to live by.
3. I believe in God or a higher power and/or respect other groups' religions or spiritual perspectives.
4. I believe there is a purpose to life and meaning in our experiences.
5. I feel in tune with and spiritually uplifted from nature, relationships, community, service, inner peace, etc.

Social

1. I feel that my close relationships are healthy and beneficial to my life.
2. I understand when a relationship is impacting negatively and am able let go and move onto better relationships.
3. I am excited to meet people and welcome new relationships.
4. I consciously put thought and effort into the relationships I have and am willing to compromise.
5. I am respectful in all relationships i.e. family, work, romantic, service providers (waiters cashiers, hairdressers, teachers, etc).

Emotional

1. I strive to understand and manage my emotions.
2. I understand pressures or triggers that can effect me emotionally.
3. I understand or am aware of the mental health challenges I or others face.
4. I prioritize my mental health as I do my physical health.
5. I understand that I can ask for help and support from family, friends, therapists, and doctors.

Intellectual

1. I understand that I am responsible for my education and realize that it extends beyond traditional schooling.
2. I seek to learn and try new things.
3. I am curious and ask questions.
4. I strive to create my own ideas, perspectives, and opinions.
5. I push myself creatively to learn new hobbies or skills.

Financial

1. I feel that I have a healthy relationship with money.
2. I am aware of my money and know where it goes every month.
3. I am debt free and have multiple streams of income.
4. I am generous with my money and don't keep it solely for myself.
5. I understand the different applications of investing, insurance, loans, retirement, taxes, etc.

Occupational

1. I feel content in my occupation.
2. The future of my occupations is exciting and full of opportunities.
3. I enjoy going to work most days.
4. I believe my occupations impacts myself and others in beneficial ways.
5. I am able to balance work and my personal life.

Environmental

1. I appreciate the planet we live on and the resources it provides.
2. I understand my personal impact on nature and my surrounding environment.
3. I strive to reduce, reuse, and recycle.
4. I show appreciation for my environment i.e. planting a tree or garden, picking up trash, using clean products, walking or biking instead of driving, etc.
5. I make an effort to be outside and in nature.