

Life Harmony Assessment Leisure/Self Care

Review and answer each statement. If it is true, add 1 point. If the statement is only true “sometimes” or “usually,” **DO NOT** add a point. Only add a point if it is virtually always true. (No credit given until the statement is virtually always true.)

- 1 I dedicate enough leisure time each week to significantly enjoy my interests.
- 2 I take at least 4 vacations a year (including mini-vacations).
- 3 I have the presence of mind throughout the day to take notice of otherwise unseen blessings.
- 4 I am able to manage my stress or adrenaline in most circumstances.
- 5 I look forward to getting up virtually every morning.
- 6 I choose to feel confident and optimistic.
- 7 I worry very little about future possibilities or things I cannot change.
- 8 I am not striving for success; I simply enjoy life and focus on what I know to be God’s plan for me.
- 9 I have at least an hour a day that is exclusively mine to do whatever I please.
- 10 I am comfortable with the lifestyle I am living.
- 11 I have at least one activity that relaxes me completely.
- 12 I am better able to care for my family after having a little down time.
- 13 I am learning to be content in whatever circumstances I face, knowing that God is in control.
- 14 Jesus took time away from His ministry, the crowds, and His disciples in order to recharge. I make time to pray daily and commune with God in order to have strength for the day.
- 15 I have no problem falling asleep at night.

Total Score

