

Caring for the Whole Person Quiz

*Love the Lord your God with all your heart, soul, mind, and strength.
And, Love your neighbor as yourself.*
(paraphrase of Mark 12:29-31)

On a Scale from 1-25 (1 being the worst, 25 being the best) rate how well you take care of yourself in each of the four areas by placing an “x” on the line below the appropriate number.

Emotions



Spirit



Mind



Body



Emotional Self-Care

1 5 10 15 20 25

Stuffs emotions
(ignores/avoids)

Judges emotions
as wrong or bad

Emotionally
numb

Fears feelings

Led by emotions
(Let them run
rampant)

Wallowing

Aware of emotions, but
sometimes they are a pain

Sometimes can't tell what
you are really feeling

Sometimes feels that
emotions are misleading
or distracting

Only occasionally takes
time to really listen to and
understand what and why
you are feeling those
feelings

Values emotions

Able to
accurately
identify them

Uses emotions
to inform and
guide decisions

Doesn't judge
emotions, but
attempts to
listen and
understand



Spiritual Self-Care

1 5 10 15 20 25

Unaware of or
avoids spiritual
things

Never reads
scripture

No conscious
fellowship with
believers

No meaningful
relationship
with God

Prays occasionally or
just at meal time

Consults God for big
decisions and when in
crisis

Reads scripture
occasionally, but
rarely studies

Assumes there may
be a purpose or
calling for your life
but not sure what it is

Constant prayer,
including with others

Spirit led in all
decisions

Consistent Bible
reading and study
Regular fellowship
with believers

Walks with God

Keenly aware of and
fulfilling calling and
purpose in life



Mental Self-Care

1 5 10 15 20 25

Disinterested
in learning
new things

Generally
bored with life

Believing
things never
really change

Doesn't seek
to understand
more deeply

Sometimes gets
interested in
learning

Occasionally
exchanges ideas
with others

Willing to grow in
wisdom and
knowledge

Always seeking
to learn new
things

Exercises mind

Regularly
exchanges
ideas with
others

Challenges self
to constantly
grow in wisdom
and knowledge



Physical Self-Care

1 5 10 15 20 25

Eat poorly (too
much, too
little, junk
food)

Sleep poorly
(too much, too
little, irregular)

Out-of-shape,
no exercise

Eats well sometimes,
but generally not
nutritionally
conscious

In fair but not great
shape

Gets some exercise

Work and personal
life are sometimes
balanced

Eats
consistently
healthfully

Well rested

In great
physical shape,
exercises
regularly

Balanced work
and personal
life