REJUVENATION SELF-ASSESSMENT™

EXAMPLE

Use these questions to assess how rejuvenated and refreshed you are day-to-day. If the statement is *always* true, circle the number 5. If it's *often* true, circle 4, and so on. Add the numbers together for your total score.

1	l feel energized and alert all day long.	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always	
2	l get 7 to 10 hours of sleep each night.	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always	
3	l take short daytime naps to refresh myself.	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always	
4	l take time to enjoy healthy, delicious meals.	1 Never	2 Rarely	Sometimes	4 Often	5 Always	
5	l drink plenty of water so I'm properly hydrated.	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always	
6	l exercise regularly to keep my body in top shape.	1 Never	2 Rarely	Sometimes	4 Often	5 Always	
7	I regularly take time off to have fun and enjoy a favorite hobby.	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always	
8	l invest ample time in my most important relationships, like with my spouse or children.	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always	
9	I have time for additional relationships, like visiting with a friend or calling my parents.	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always	-
10	I take time to reflect on my life and perhaps even journal.	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always	

REJUVENATION SELF-ASSESSMENT™

EXERCISE

Use these questions to assess how rejuvenated and refreshed you are day-to-day. If the statement is *always* true, circle the number 5. If it's *often* true, circle 4, and so on. Add the numbers together for your total score.

1 I feel energized and alert all day long.	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always
2 I get 7 to 10 hours of sleep each night.	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always
3 I take short daytime naps to refresh myself.	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always
4 I take time to enjoy healthy, delicious meals.	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always
5 I drink plenty of water so I'm properly hydrated.	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always
6 I exercise regularly to keep my body in top shape.	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always
7 I regularly take time off to have fun and enjoy a favorite hobby.	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always
8 I invest ample time in my most important relationships, like with my spouse or children.	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always
9 I have time for additional relationships, like visiting with	1	2	3	4	5
a friend or calling my parents.	Never	Rarely	Sometimes	Often	Always
10 I take time to reflect on my life and perhaps even journal.	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always

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