

## 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 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 a friend or calling my parents.

1 2 3 4 5  
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

REJUVENATION SCORE

31

## 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 a friend or calling my parents.	1	2	3	4	5
		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

.....

REJUVENATION SCORE

.....