

Values-Based Self-Care: A Quiz

Core values are the principles and beliefs that guide your decisions and actions. Take a moment to reflect on what matters most to you and incorporate those values into your self-care routine.

Step 1: Discover Your Key Values

Answer the following questions to identify the values that matter most to you. Circle one or more answers that resonate with you the most for each question.

1. When you have free time, what do you prefer to do?
 - A) Volunteer or help others.
 - B) Spend time with family or friends.
 - C) Work on a creative project or hobby.
 - D) Exercise, meditate, or focus on personal growth.
 - E) Travel, try new activities, or explore new places.
 - F) Shop for something you've been wanting or treat yourself to a luxury experience.

2. What motivates you the most?
 - A) Making a positive difference in the world.
 - B) Building meaningful relationships.
 - C) Expressing yourself and your creativity.
 - D) Feeling healthy and balanced.
 - E) Collecting memorable experiences.
 - F) Gaining or enjoying material comforts.

3. What type of environment makes you feel the happiest?
 - A) Being part of a team or group with shared goals.
 - B) A warm and supportive space with loved ones.
 - C) A quiet and inspiring space where you can create.
 - D) Somewhere peaceful, like nature or a wellness center.
 - E) A new or exciting place you've never been before.
 - F) A stylish or luxurious space filled with things you enjoy.

4. If you could spend a day doing anything, what would it be?
 - A) Volunteering at a shelter or advocating for a cause.
 - B) Hosting a gathering with loved ones.
 - C) Painting, writing, or working on a personal project.
 - D) Hiking, meditating, or practicing yoga.
 - E) Visiting a museum, taking a trip, or trying a new restaurant.
 - F) Shopping for something special or treating yourself to a spa day.

Step 2: Tally Your Results

Count how many times you chose each letter:

- A = _____
- B = _____
- C = _____
- D = _____
- E = _____
- F = _____

Your dominant value(s):

- **A:** Compassion and Service
- **B:** Connection and Relationships
- **C:** Creativity and Expression
- **D:** Wellness and Balance
- **E:** Experiences and Exploration
- **F:** Material Enjoyment and Comfort

Step 3: Self-Care Suggestions

Based on your dominant value(s), explore these self-care ideas:

A. Compassion and Service

- Volunteer for a cause you're passionate about.
- Support a community initiative.
- Spend time fostering animals or mentoring someone.
- Organize a donation drive for a charity you care about.
- Offer to help a neighbor or friend with a task they're struggling with.
- Advocate for a cause by writing articles, posting on social media, or attending events.

B. Connection and Relationships

- Host a dinner or game night with loved ones.
- Join a support group or attend a community event.
- Write letters or make video calls to friends or family far away.
- Plan a weekend getaway or day trip with close friends or family.
- Start a regular tradition, like a weekly coffee date or family movie night.
- Attend a class or workshop with someone you care about to bond over learning something new.

C. Creativity and Expression

- Start a new art, writing, or crafting project.

- Explore creative hobbies like cooking, music, or design.
- Take a class to develop a creative skill.
- Spend a day visiting museums, art galleries, or live performances.
- Create a vision board or scrapbook that reflects your goals or emotions.
- Decorate a space in your home or workspace to reflect your personal style.

D. Wellness and Balance

- Practice mindfulness or guided meditations.
- Take a walk in nature or create a relaxing home spa day.
- Develop a daily exercise or yoga routine.
- Try a new wellness practice, like aromatherapy or gratitude journaling.
- Schedule a day of rest to focus on sleep, hydration, and nourishing meals.
- Unplug from technology for a few hours to recharge mentally.

E. Experiences and Exploration

- Plan a short trip or visit a local landmark you've never explored.
- Try a new activity, like a cooking class or outdoor adventure.
- Make a bucket list of experiences and start checking them off.
- Attend a cultural event, like a festival, concert, or food tasting.
- Explore your city by going on a "staycation" and discovering "hidden gems."
- Take a spontaneous day off to do something adventurous or out of the ordinary.

F. Material Enjoyment and Comfort

- Treat yourself to something you've been saving for, like a gadget or outfit.
- Redecorate a room to make it more inviting.
- Enjoy a luxurious experience, like a massage or facial.
- Create a "comfort kit" with items that make you happy, like candles, snacks, or books.
- Splurge on a special subscription box or monthly delivery that brings you joy.
- Invest in high-quality tools or equipment for a hobby or interest you love.