

Personal & Relationship Inventory

Instructions: Give each item below a numbered score according to the following pattern: A score of 5 means always or excellent, 4 means often or good, 3 means seldom or okay, 2 means rarely or struggling, and 1 means never or poor.

1. How well do you manage personal stress?
2. How well do you manage resources? (finances, time, etc.)
3. How willing are you to ask for and accept support from others when needed?
4. How healthy is your social circle?
5. How is your relationship with your parents?
6. How is your relationship with your significant other?
7. Do you make time for spiritual experiences?
8. Do you limit the amount of television you watch each day?
9. Do you take time for yourself every day?
10. Do you recognize your own personal strengths?
11. Do you limit the amount of Facebook/internet surfing you do each day?
12. Do you help others?
13. Is your appearance good and you like most things in your wardrobe?
14. Do you generally wear clean clothes?
15. Do you have child-rearing goals?
16. Do you regularly communicate with your significant other?
17. Do you help with household chores?
18. Do you usually know what you need and what you are feeling?
19. Do you have a relaxing routine before bed and a nurturing morning routine?
20. Do you enjoy hobbies regularly?
21. How confident do you feel as a parent?
22. Do you know what you are passionate about?
23. Do you eat healthy?
24. Do you exercise at least 5 days a week for 30 minutes?
25. **OVERALL:** How good are you at taking care of yourself?