

REJUVENATION SELF-ASSESSMENT™

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

REJUVENATION SELF-ASSESSMENT™

SAMPLE

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If the statement is *always* true, circle the number “5.” If it’s *often* true, circle “4,” and so on.
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REJUVENATION SCORE

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