

Quick Self-assessment

For each statement, check the ONE answer that most closely agrees with your opinion.

Strongly Agree  Strongly Disagree

	5	4	3	2	1
1. My overall physical condition is weakened.					
2. I feel the need to embark on a healthy diet and exercise program.					
3. My emotional state is quite distressed.					
4. I feel absent-minded and not my usual "sharp" self, brain-wise.					
5. My financial situation is messy and I fear I will not have enough as I get older.					
6. Some of my family relationships are strained.					
7. I feel more close-minded and less hopeful than before.					

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