

WHAT'S THE MISSING PIECE IN YOUR SELF-CARE ROUTINE?

Real self-care isn't just candles and massages - it's about how you show up for yourself every day. It's about your emotions, your energy, your space... and learning to say yes to what you need.

This short quiz will help you identify which area of your self-care might be missing, and how to bring more balance and ease into your life.



HOW WOULD YOU DESCRIBE YOUR SELF-CARE ROUTINE RIGHT NOW?

- A. I feel pretty balanced and consistent
- B. I try, but something still feels off
- C. I don't even know where to start



WHEN IT COMES TO YOUR PHYSICAL SPACE AND BODY, WHICH DESCRIBES YOU BEST?

- A. I feel grounded and clear in my space
- B. I try to keep it together but it's not consistent
- C. I feel disconnected or overwhelmed

WHAT'S THE MISSING PIECE IN YOUR SELF-CARE ROUTINE?



HOW OFTEN DO YOU CHECK IN WITH YOUR EMOTIONS OR MENTAL HEALTH?

- A. I process my emotions regularly
- B. I try, but I don't always know how
- C. I bottle things up or feel stuck in my head



DO YOU HAVE A SPIRITUAL PRACTICE OR WAY TO CONNECT TO YOURSELF?

- A. Yes, it's part of my daily life
- B. I want to, but I'm not sure how
- C. Not really - it's hard to know what that means for me



WHICH OF THE FOLLOWING SOUNDS MOST LIKE YOU?

- A. I'm doing well but could go deeper
- B. I want to prioritize myself but feel guilty or can't find the time
- C. I'm overwhelmed and don't know where to begin

Tally your answers, then turn the page to discover what it means for you!

A's _____

B's _____

C's _____

YOUR RESULTS: WHAT YOUR SELF-CARE NEEDS RIGHT NOW

Mostly A's – You're on your way.

You've built a strong foundation of self-care - amazing! Now it's time to go deeper. You might benefit from more consistency, stronger boundaries, or a space to reconnect with what lights you up in a new way!

Mostly B's – You're close, but something's missing.

You're doing the basics, but maybe you're not hitting all the areas. Were you missing the emotional check-in? Prioritising taking care of your environment? Deepening your spiritual practice? *Start now by choosing one small thing you can do for yourself today in that area - even 5 minutes of something that feels good is enough to begin building momentum again.*

Mostly C's – You're ready for a reset.

It sounds like you're missing a core piece of self-care and feel overwhelmed about where to even start. Whether it's making time for yourself, learning how to tune into your emotions, or exploring spiritual practices, you're ready for change. *Begin by asking yourself: "What do I need right now?" and allowing the answer - even if it's rest, stillness, or a deep breath - to be valid and enough.*

Want support to put yourself first - without the overwhelm or guilt?

No matter where you fall on the self-care spectrum, it's time to stop feeling overwhelmed and start prioritising YOU.

Join Flourish, a 21-day challenge designed to help you integrate all aspects of self-care - physical, emotional, and spiritual - in a sustainable and nourishing way.

With practical tools, support, and a like-minded community, you'll develop the self-love habits you need to thrive.

[Click here to find out more & sign up!](#)



You have got
this!

**The 21-Day Challenge
with
Allison Fisher + Carmel Cochrane**

- ✓ Simple weekly tools
 - ✓ Supportive community
 - ✓ Live sessions + accountability
- \$49 NZD (Next round starts May 22)*

[Sign Up To Flourish!](#)