

# HAPPY + HEALTHY RMT ASSESSMENT

This form is to help you identify your areas of strength and areas needing some support. The sections with the most check marks will give you an idea of what state you are currently in. This can serve as a self assessment when developing a self-care plan and practice, and living as a Happy + Healthy RMT.

## HAPPY RMT

<input type="checkbox"/>	Feel balanced
<input type="checkbox"/>	Self-aware
<input type="checkbox"/>	Compassionate to others + self
<input type="checkbox"/>	Motivated
<input type="checkbox"/>	Strong emotional boundaries in place

## GETTING ALONG

<input type="checkbox"/>	Optimistic
<input type="checkbox"/>	Mind chatter / Procrastinating
<input type="checkbox"/>	Lack of purpose
<input type="checkbox"/>	Empathic
<input type="checkbox"/>	Increasing self-awareness

## OVERWHELMED

<input type="checkbox"/>	Feel unbalanced
<input type="checkbox"/>	Feel unsupported
<input type="checkbox"/>	Sacrificing time + energy for others
<input type="checkbox"/>	Reactive
<input type="checkbox"/>	Negative self-talk

## STRESSED OUT

<input type="checkbox"/>	Irritable
<input type="checkbox"/>	Unmotivated
<input type="checkbox"/>	Feel powerless
<input type="checkbox"/>	Pessimistic
<input type="checkbox"/>	Lack of compassion to self + others

## BURNED OUT

<input type="checkbox"/>	Emotionally Exhausted
<input type="checkbox"/>	Disengaged
<input type="checkbox"/>	Feelings of not being good enough
<input type="checkbox"/>	Life feels chaotic
<input type="checkbox"/>	Detached, just don't care

## Notes / Thoughts: