

Getting Started



Pre-Assessments can be helpful tools that enable us to see where we are before our journey, how we are doing, what we need to be successful in living our best remarkable life, and ways to make informed decisions on how to get there.

The Remarkable Self-care quiz is a pre-assessment designed to help you get a snapshot of where you are currently with your daily self-care habits. The goal is to help you understand how practicing self-care can help you increase your impact with grace and ease as a Remarkable Woman. And to give you an idea of where you might want to focus your attention throughout the course to make some changes that will lead to the most remarkable transformation.

Click [HERE](#) or your quiz. It should take you less than 10 minutes to complete. Answer the questions as honestly as possible. Avoid overthinking them. Add up your points at the end if there is still a glitch in the system. You will be provided with a brief results summary to help you see where you are and to gain a perspective on ways to close the gap as you go through the course.



REMARKABLE SELF-CARE:

*The Art of Prioritizing YOU for
Greater Impact with
Grace and Ease*

Pre-Assessment Worksheet

My Self-care Pre-Assessment Score_____

How do you feel about your pre-assessment score? What insights did it reveal?

What do you hope to take away from this course?

List some leadership qualities that you possess that will help you complete this course?

How do you feel about creating and implementing a self-care plan for your life as a Remarkable Woman and leader?

ONE Habit to Start

ONE Habit to Stop

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