

What Kind of Self-Care Do You *Really* Need Right Now?

Take this quick quiz to discover your self-care style and receive a free resource tailored just for you.

1. How do you usually feel at the end of the week?

- A) Like I barely survived
- B) Exhausted but still handling things
- C) Motivated but overwhelmed
- D) Spiritually drained and tired of pretending

2. What's your biggest struggle right now?

- A) Putting myself last
- B) Feeling stuck and unmotivated
- C) Carrying too much for everyone else
- D) Trying to hear God but feeling disconnected

3. When was the last time you did something just for you?

- A) I can't remember
- B) Maybe once in the last month
- C) I schedule time but don't follow through
- D) My "me time" always gets interrupted

4. Which word speaks to your heart right now?

- A) Rest
- B) Peace
- C) Joy
- D) Clarity

5. What kind of support do you crave most?

- A) Quiet time and breathing room
- B) Motivation and sisterhood
- C) Faith-based encouragement
- D) Someone to guide me through next steps

Your Results

The Exhausted Caregiver

You've been pouring from an empty cup. Your next move is rest, not guilt.

 [*Download your Self-Care Sabbath Guide*](#)

The Silent Struggler

You've been holding it all in. Now's the time to talk it out and heal.

 [*Join the Shake It Off Zoom Session*](#)

The Faith-Fueled Fighter

You're strong, but you're tired. God's been calling you to pause and listen.

 [*Start the Stand Strong Devotional Today*](#)

The Overdue Dreamer

You've put your needs on the back burner for too long. It's your time to rise.

 [*Join the Retreat Waitlist*](#)
