

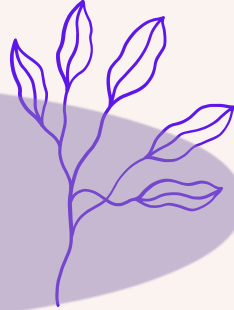
Test for parents (not so serious, but very insightful):



Do you practice enough self care?

QUESTION 1: WOULD YOU LIKE TO TAKE THIS TEST?

- a. Why not. But I already know how to take care of myself.
- b. Yes, please. I really need to focus on myself more.
- c. Sorry, the laundry is waiting.



QUESTION 2: CAN YOU NAME THREE WAYS HOW YOU ARE TAKING CARE OF YOURSELF?

- a. I can name at least five.
- b. Does washing my hair AND brushing my teeth on the same day count?
- c. Three ways of what? I am a mom!



QUESTION 3: DO YOU GET ENOUGH HELP AROUND THE HOUSE?

- a. Of course. I have a cleaner, a nanny and a supportive husband.
- b. My hubby took the trash out last week.
- c. No, but I don't complain. Single moms are way worse off than me. Probably.

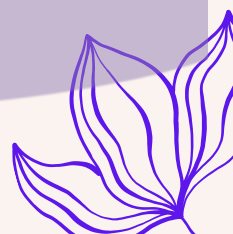


QUESTION 4: WHEN WAS THE LAST TIME YOU TREATED YOURSELF?

- a. Last week I went on a vacation with a friend and left the kids at home.
- b. A couple of weeks ago I went to a massage. But I had to take the kids with me.
- c. I really like my sparkling bathroom that I have been cleaning for three hours. Does that count?

QUESTION 5: HOW DO YOU SPEND YOUR DAYS OFF?

- a. In a spa, what do you think?
- b. When I take a day off from work, I make use of the time to clean the house and take the kids somewhere nice.
- c. Is this some kind of trick question? I told you, I'm a mom!



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Do you practice enough self care?



Congratulations, you are done!

Here are my 2 cents on your answers:

Your answers were mostly a: Amazing, you are a self care champion! How do you do it?

Mostly b: Well, darling, there is room for improvement, don't you think?

Mostly c: Are you sure you want to keep on living like this?

I hope this test made you smile. Even if the test is a joke, all the answers are taken from real life. Mostly my own life, or a life of a friend. No, I didn't make it up. Makes you think, doesn't it?