

SELF-LOVE INDICATOR ASSESSMENT (Yes, often = 10; No, not at all = 1).

Below are several questions to consider in discovering if you are lacking in the area of self love. Being completely honest when answering the following questions will ensure a more accurate score rating. With each question, please give yourself a rating of 1-10 as described above. After you have completed all 10 questions, find out your overall score and its implications by adding all of your ratings up together.

Remember...

(Yes, often = 10; No, not at all = 1)

Do you experience feelings of shame, guilt, anxiety, self doubt, emptiness, or anger?

1 2 3 4 5 6 7 8 9 10

Do you have a hard time accepting or feel uncomfortable when getting compliments from others?

1 2 3 4 5 6 7 8 9 10

Do you have negative thoughts, beliefs, or make negative statements about yourself? Ex. "I'm not good enough, I'll never lose weight, I'll always be poor, I'll never find the man/woman of my dreams." etc...

1 2 3 4 5 6 7 8 9 10

Do you surround yourself with people & things that encourage, inspire, and uplift you?

1 2 3 4 5 6 7 8 9 10

Do you ever criticize or judge yourself harshly, beat yourself up over something you did, or didn't do?

1 2 3 4 5 6 7 8 9 10

Do you ever wonder why you have not found the kind of love or relationship you long for?

1 2 3 4 5 6 7 8 9 10

Do you stay involved in unhealthy relationships or relationships that no longer serve you because of some kind of fear, guilt, or obligation?

1 2 3 4 5 6 7 8 9 10

Do you stay at a job even though the pay & benefits are poor, because you're afraid to try something new, or afraid of becoming successful?

1 2 3 4 5 6 7 8 9 10

Do you ever feel like you don't deserve good things to happen in your life?

1 2 3 4 5 6 7 8 9 10

Do you ever emotionally eat? Ex. Eat when you feel sad, happy, bored, etc.?

1 2 3 4 5 6 7 8 9 10

Your Rating

TOTAL SCORE: _____ Add the numbers to get a total score.

Results:

If you received a total score of 40 or less, Great Job! You have been practicing self love healthy habits. When a person experiences self love within his or her own life, he or she **approves** and **accepts themselves unconditionally**. A person will have compassion for his or herself and **meet his or her own needs**. Allowing one self to think and feel whatever emotions he or she is experiencing. In addition to viewing his or herself as a **good, worthy** and a **valuable person**, feeling like he or she belongs in the world, and deserves **happiness and fulfilling, healthy relationships**. This type of person will have a **higher self esteem**, more **self worth**, and feel more confident about themselves than a person who does not practice self love. Keep up the great work, and remember you are “**you are truly loved unconditionally and infinitely powerful.**”

Daily Challenge: try to come up with more ways you can continue practicing healthy self care/self nurturing habits in your daily life to lower your score to a 30 or even a 20!

If you received a total more than 40, then it's a pretty good indication you are lacking in the self love department area of your life. **So, what if your score is more than 40?** Spend some time looking at each question that didn't get at least a score of 3, and ask yourself, “**What could I do in this area to improve so my score would be lower?**” Think about self nurturing and putting yourself **1st** before anyone else in your life. Think about different ways you could start taking better care of you. Perhaps learning how to set & maintain **healthy boundaries**, and applying **positive self talk** and **positive affirmations** into your daily life. Moreover, try working on **self forgiveness**, and “**letting go**” of any feelings of shame, guilt, or self blame, learning about **self acceptance** and **self approval** also may be helpful. Here is a big one...try to surround yourself only around people and things that will **encourage, inspire, and uplift** you! Don't allow others in your life to bring you down and make you feel like you are not valuable and worthy of good things. And always remember you are “**you are truly loved unconditionally and infinitely powerful.**”

Daily Challenge: start simple, choose 1 negative self statement you make, ex. “I’m not good enough, I’ll never lose weight, I’ll always be poor, I’ll never find the man/woman of my dreams.” etc...and replace it with a positive statement or affirmation, ex. “I am good enough,” even if you don’t actually believe it, keep saying over and over to yourself every day, at least 3 times a day until you do start believing it. If necessary, Fake it, till you Make it!

Sending you much Love, Peace, & Positive Vibes,

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