



Journey To Real Vision

SELF-COMPASSION QUIZ

Use this quiz to determine how much compassion you have. Using the scale below, rate the frequency of the following statements:

3 = Always

2=Sometimes

1=Never

- I believe mistakes are learning opportunities
- I allow myself to identify my negative emotions and shift to more positive ones
- I am lonely but know that many people like me and just need to engage with more people
- I speak positively to myself
- I believe I am worthy
- I know that life is not meant to be a struggle
- I do not punish myself for making mistakes
- I do not allow myself to overreact to my feelings
- I do not feel the need to be perfect in everything
- I am kind to myself and others

SCORE:

21-30 You are a self-compassionate king/queen! Keep up the fantastic work at being kind to yourself and others!

11-20 You need to continue working on being kinder to yourself and others. You are making progress, so keep plugging away at the courses!

1-10 You are struggling with the concept of being kind to yourself. You can benefit from coaching at this time.