



Journey To Real Vision

SELF-LOVE #2 QUIZ

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

3 = Always

2=Sometimes

1=Never

- I enjoy spending time alone
- I can easily find 5 things I like about myself
- I do not say any negative things to myself
- I like to go outside my comfort zone
- I take time to exercise
- I eat foods that nourish my body
- I like to meet new people
- I make decisions that others may not agree with and that is okay
- I communicate effectively what I need to others
- I value my feelings

SCORE:

21-30 You understand the importance of loving and accepting yourself. You are doing an amazing job!

11-20 You need to continue working on YOU. You are making progress, so keep plugging away at the courses!

1-10 You are having a hard time knowing how to love yourself. You can benefit from coaching at this time.

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