



# Journey To Real Vision

## SELF-LOVE 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 know I am beautiful/handsome
- I believe I am worthy and deserving of love
- I accept and love my body just the way it looks
- I believe that my feelings matter
- I deserve good things in life
- I do not feel the need to be competitive and always be #1
- I love what I see when I look in the mirror
- I am a good communicator
- I do not need a romantic relationship to feel complete
- I am grateful for where I am in my life

### **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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