



Journey To Real Vision

SELF-WORTH QUIZ

Use this quiz to determine your self-worth. Using the scale below, rate the frequency of the following statements:

3 = Agree

2=Neutral

1=Disagree

- I respect myself
- I feel worthy of good things
- I feel good about my appearance
- I am not afraid to make mistakes
- I handle criticism well
- I am enjoyable to be around
- I feel valued and supported by my inner circle
- I am creative and easily express myself
- I am able to address and solve problems I encounter
- I do not compare myself to others

SCORE:

21-30 You have a great relationship with yourself. Be proud that you value yourself and can handle most of what life throws your way!

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 feel worthy. You can benefit from coaching at this time.