



# RELATIONSHIP WITH SELF

## SNAPSHOT

I FEEL SAFE INSIDE MY MIND AND BODY.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL			HALFWAY TRUE				TRUE		

I FREQUENTLY TAKE TIME TO LISTEN TO MY INNER VOICE,

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL			HALFWAY TRUE				TRUE		

I FULLY ACCEPT MYSELF FOR WHO I AM, FLAWS AND ALL.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL			HALFWAY TRUE				TRUE		

I AM OPEN AND HONEST WITH MYSELF SURROUNDING HOW I FEEL.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL			HALFWAY TRUE				TRUE		

I TRUST MYSELF.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL			HALFWAY TRUE				TRUE		





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## SNAPSHOT

I SET BOUNDARIES AT WORK, WITH ROMANTIC PARTERS, AND WITH FAMILY.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL				HALFWAY TRUE		TRUE			

I SPEAK MY LOVE LANGUAGE TO MYSELF.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL				HALFWAY TRUE		TRUE			

I ENGAGE IN MY FAVORITE ACTIVITIES ON A FREQUENT BASIS.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL				HALFWAY TRUE		TRUE			

I HAVE FORGIVEN MYSELF FOR PAST MISTAKES.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL				HALFWAY TRUE		TRUE			

I LISTEN TO MY BODY AND MAKE SURE MY NEEDS(EMOTIONAL,MENTAL, PHYSICAL, SPIRITUAL) NEEDS ARE MET.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL				HALFWAY TRUE		TRUE			





## RELATIONSHIP WITH SELF

### SNAPSHOT

I LEARN NEW THINGS ABOUT MYSELF.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL			HALFWAY TRUE				TRUE		

I LOVE MYSELF, WITHOUT CONDITIONS.

1	2	3	4	5	6	7	8	9	10
NOT TRUE AT ALL			HALFWAY TRUE				TRUE		

