



# 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) 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		

I KNOW WHO I AM, **AUTHENTICALLY**.

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

I EXIST IN SPACES + RELATIONSHIPS THAT **NURTURE** MY AUTHENTIC SELF.

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

I HOLD SPACE FOR MY **INNER CHILD**.

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

