



# Self Love Quiz:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Y = Yes, always

O = Often, not always

S = Sometimes

R = Rarely

N = No, never

- \_\_\_ I can let go, and forgive myself for mistakes I have made in the past.
- \_\_\_ I feel I am a lovable person. I feel I deserve to be loved.
- \_\_\_ When I am feeling down, I am able to turn it around and talk myself up.
- \_\_\_ I trust my decisions.
- \_\_\_ I like who I am as a person.
- \_\_\_ I make sure I get enough rest / sleep.
- \_\_\_ I feed my body healthy and nutritious foods so that I have optimal health.
- \_\_\_ I move my body and get exercise.
- \_\_\_ I recognize my imperfections and love myself despite them.
- \_\_\_ When I look in the mirror I accept the way I look with love and compassion.
- \_\_\_ I feel I add value to other people's lives.
- \_\_\_ I love others easily.
- \_\_\_ I spend time doing the things I love doing.
- \_\_\_ I follow my dreams / goals that matter to me, not only what matter to others.
- \_\_\_ I pay attention to my needs and wants.
- \_\_\_ I place myself in situations / environments that are healthy rather than toxic.
- \_\_\_ I am not afraid to voice my thoughts and opinions & I am able to disagree or say "no".
- \_\_\_ I gravitate towards others who bring me joy and fulfillment. I stay away from toxic people.
- \_\_\_ I provide myself with the things I want. I don't depend upon others to give it to me.
- \_\_\_ I handle criticism well and I don't take it personally.
- \_\_\_ It is easy for me to be by myself.
- \_\_\_ I am able to uphold my limits and boundaries.
- \_\_\_ My thoughts / words are kind to myself. I say nice things to myself.
- \_\_\_ I tell myself I am proud of myself when I do well. I give myself credit for my accomplishments.
- \_\_\_ I have compassion for myself and I forgive myself when I mess up.
- \_\_\_ I thank myself on a regular basis. I show gratitude often.