

Self-Love QUIZ



Where Are You on Your Self-Love Journey?

Take this quiz to find out where you are and what your next step could be!

How It Works

Answer the 10 questions below. Tally your points at the end and check your result.

1. How do you typically speak to yourself when you make a mistake?

- A. “I’m so stupid. I can’t get anything right.” – 1 point
- B. “Ugh, I messed up again...” – 2 points
- C. “It’s okay, I’ll do better next time.” – 3 points
- D. “Everyone makes mistakes. I’m still learning and growing.” – 4 points

2. How comfortable are you with saying “no” to others?

- A. I feel guilty and usually say yes, even if I don’t want to – 1 point
- B. I sometimes say no, but it’s really uncomfortable – 2 points
- C. I can say no when I need to, even if it’s hard – 3 points
- D. I confidently say no when something doesn’t feel right for me – 4 points

3. How often do you prioritize your needs and well-being?

- A. Rarely – I put others first most of the time – 1 point
- B. Occasionally – when I really need a break – 2 points
- C. Often – I try to balance others’ needs with mine – 3 points
- D. Consistently – I make myself a priority – 4 points



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4. When you look in the mirror, what's your first thought?
- A. I pick apart my flaws – 1 point
 - B. I feel neutral or don't really think about it – 2 points
 - C. I try to focus on something I like – 3 points
 - D. I smile and appreciate the woman I see – 4 points
5. How do you handle being alone with yourself?
- A. I avoid it – silence makes me anxious – 1 point
 - B. I tolerate it but prefer distraction – 2 points
 - C. I'm mostly okay with it – 3 points
 - D. I cherish time with myself – 4 points
6. What's your relationship with rest and relaxation?
- A. I feel guilty when I rest – 1 point
 - B. I rest, but only when I'm burnt out – 2 points
 - C. I make time for rest regularly – 3 points
 - D. I prioritize rest as a form of self-respect – 4 points
7. How often do you celebrate your achievements (big or small)?
- A. Hardly ever – I move on to the next thing – 1 point
 - B. Sometimes, if others point it out – 2 points
 - C. I try to acknowledge my wins – 3 points
 - D. I regularly celebrate myself – I deserve it! – 4 points

LOVE
yourself

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8. When someone treats you poorly, what do you do?

- A. Blame myself or make excuses for them – 1 point
- B. Try to avoid conflict and move on – 2 points
- C. Set boundaries when I can – 3 points
- D. Stand up for myself and protect my peace – 4 points

9. How do you define your worth?

- A. By what others think of me – 1 point
- B. By how much I do for others – 2 points
- C. By who I am and how I show up – 3 points
- D. My worth is inherent and unshakable – 4 points

10. How often do you show yourself love and kindness?

- A. Rarely – I struggle with this – 1 point
- B. Sometimes – I'm working on it – 2 points
- C. Often – I've come a long way – 3 points
- D. Daily – I'm committed to loving myself fully – 4 points

Now Add Up Your Score!

Total:

*I am
enough*

Where Are You on Your Self-Love Journey?

Minimum: 10 points | Maximum: 40 points

Your Self-Love Journey Level

◆ 10–17 points – The Awakening

You're at the beginning of your self-love journey. You're starting to realize that your needs matter and you deserve more. Be gentle with yourself. This is the perfect place to begin reconnecting to the beautiful woman within.

◆ 18–26 points – The Seeker

You're becoming more aware of your patterns and starting to shift them. You've done some work, but you still need support in trusting your voice, setting boundaries, and releasing guilt. Keep going—you're growing!

◆ 27–34 points – The Reclaimer

You've reclaimed a lot of your power. You're learning to speak kindly to yourself, make choices from self-worth, and honor your needs. Stay consistent and deepen your practices—you're blossoming.

◆ 35–40 points – The Embodied Woman

You live your self-love. You know your worth, honor your boundaries, and radiate confidence. You're a guide to others simply by being who you are. Keep shining and stay grounded in your truth.

"One
of a
Kind"