

Self-Esteem, Self-Awareness

10 = completely agree with the statement

0 = completely disagree with the statement

1. I accept compliments easily.	
2. When I look in the mirror, I'm happy with what I see.	
3. My past experiences have taught me to value myself.	
4. I feel goood about myself.	
5. I am friendly, supportive and caring to myself rather than being critical.	
6. I like who I am.	
7. I trust who I am is enough.	
8. I am worthy of other people's time, attention and love.	
9. I deserve a good life.	
10. I am attractive. Damn!!!	
11. I feel loved even when I'm alone.	
12. I feel appreciated and accepted.	
13. I take care of myself.	
14. I am good enough to make things happen.	
15. I know my pros and cons and allocate time/money to develop myself.	
16. I'm not a people pleaser and say "no" to things not in line with my values.	
17. I deserve to be in loving relationships, with people that appreciate my time, love, care.	
18. I'm in balance emotionally, physically, mentally and spiritually.	
19. I'm comfortable with being assertive and expressing my needs.	
20. I see making mistakes as learning rather than a catastrophe	
21. I'm ok with asking for help or advice.	
TOTAL :	

