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Self-Love Quiz

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SELF-LOVE QUIZ

2 points for every 'Yes' / 1 point for every 'Sometimes'
/0 points for every 'No'.
There are 28 points total and your score will be calculated once you finish the Self-Love Quiz.
Remember, there are no right or wrong answers.

When I look in the mirror, I feel good about myself.
·YES
·SOMETIMES
·NO

I can forgive, let go and move on from mistakes
I've made.
·YES
·SOMETIMES
·NO

I feel comfortable in my own skin.
·YES
·SOMETIMES
·NO

I recognize my imperfections and accept them fully.

·YES

·SOMETIMES

·NO

I handle criticism well and try not to take it personally.

·YES

·SOMETIMES

·NO

I feel I am a loveable person

·YES

·SOMETIMES

·NO

When I am feeling down I find positive ways to brighten my mood.

·YES

·SOMETIMES

·NO

I trust my decisions.

·YES

·SOMETIMES

·NO

I say "no" to others when I'm tired, stressed or just do not want to do something.

·YES

·SOMETIMES

·NO

I do what is best for my health, mind and body most of the time.

·YES

·SOMETIMES

·NO

I am kind to myself when things do not go according to plan.

·YES

·SOMETIMES

·NO

My voice and opinion matters.

·YES

·SOMETIMES

·NO

It's easy for me to be myself around others.

·YES

·SOMETIMES

·NO

I add value to other people's lives.

·YES

·SOMETIMES

·NO

Guru!

Self-Love Quiz Score: 25 – 28

You have a healthy dose of self-love. Remember that self-love is an ongoing process and you should continue doing what you are doing. We go through seasons in life with ups and downs. Your ability to love who you are will be a valuable asset during tough times.

Beginner

Self-Love Quiz Score: 19 – 24

You are no stranger to self-love but there is room for improvement. It may be beneficial to focus on your “No” answers. Reflect on why you answered the way you did. Why do you feel that way? How can you improve your score?

Novice

Self-Love Quiz Score: 18 and Below

You have some self-love work to do but that is okay. Many people fall into this category. It is time to love and appreciate who you are. Once you do, everything about your life will change for the better.

Love Yourself

Ready to go deeper?

Your answers are a starting point for greater self-awareness. Continue your self-love journey with the Self-Love Workbook, designed to help you explore your needs, strengthen your boundaries, build self-worth and create a kinder relationship with yourself.

Explore the Self-Love Workbook → www.raniamezraani.com