

Loving Yourself Evaluation for _____

Dates _____

On a scale from 1 to 10, how well do you do the following?

- | | | |
|---|---------------------|--------------------|
| 1. I have regular, positive, encouraging self-talk. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 2. When I look in the mirror, I like what I see. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 3. I am surrounded by people who love and accept me. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 4. I know how and regularly practice letting go of negative emotions. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 5. I am conscious of the negative or limiting beliefs I have. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 6. It is easy to forgive myself and I do it often. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 7. I have daily self-care rituals for my body and mind. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 8. I am in the habit of praising myself for the good things I do. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 9. When I try, I find it easy to see my highest and best self. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 10. I see my future as beautiful and bright. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 11. I spend time doing things that bring me joy. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |
| 12. I practice gratitude daily. | <u>Score Before</u> | <u>Score After</u> |
| 1 2 3 4 5 6 7 8 9 10 | | |