



INSPIRATIONAL LIVING SERIES

30 Pathways to Loving Yourself



I invite you to complete this assessment with self-love and compassion. Whenever we face into “what is” and surround it with lots of love and appreciation, we open the gateway for change to begin. So, appreciate yourself for the statements that you score high, and also appreciate yourself for being honest about those that currently score low. If you are inclined to use this tool to blame or criticize yourself, or get defensive and feel bad in any way, set that aside and instead get curious about how you might love yourself even more.

1 = Never 2 = Rarely 3 = Sometimes 4 = Frequently 5 = Always

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| 1 2 3 4 5 | 1. | I value my body and take care of it so that it best serves the life experience I want. |
| 1 2 3 4 5 | 2. | I feed my mind with interesting information that stretches and expands my knowledge base. |
| 1 2 3 4 5 | 3. | I regularly engage in activities that connect me to my Spirit (yoga, prayer, meditation, etc.) |
| 1 2 3 4 5 | 4. | I am peaceful and satisfied with the the state of my finances and how I feel about money. |
| 1 2 3 4 5 | 5. | I have stopped all self-criticism, self-blame, and self-judgment. |
| 1 2 3 4 5 | 6. | I put myself first without seeing myself as selfish. |
| 1 2 3 4 5 | 7. | My life is organized around what I want to do, instead of what I think I should do. |
| 1 2 3 4 5 | 8. | I am free from guilt and worry. |
| 1 2 3 4 5 | 9. | My career brings me deep joy and allows me to fully express myself. |
| 1 2 3 4 5 | 10. | I easily let go of things I cannot control, and focus instead on what I can. |
| 1 2 3 4 5 | 11. | I honor commitments I make to myself. |
| 1 2 3 4 5 | 12. | My relationships are supportive, satisfying, and increase my vitality, vs. draining my energy. |
| 1 2 3 4 5 | 13. | I am consistently happy with how I respond emotionally. I have made friends with my primary emotions (happiness, anger, sadness, fear, and sexual feelings). |
| 1 2 3 4 5 | 14. | I know that I am 100% responsible for my feelings and that no one makes me feel anything. |
| 1 2 3 4 5 | 15. | I let go of anger and resentment I hold toward other people or situations. |
| 1 2 3 4 5 | 16. | I let go of anger or regret I hold toward myself. |
| 1 2 3 4 5 | 17. | I challenge my own limiting thoughts and beliefs instead of allowing my mind and my behaviors to run on autopilot. |
| 1 2 3 4 5 | 18. | I accept compliments and appreciation from others instead of deflecting, minimizing, or denying their gift. |
| 1 2 3 4 5 | 19. | I can, and do, ask for what I want instead of going along with what others want. |
| 1 2 3 4 5 | 20. | I speak my deepest truth without holding back for fear of how others will feel or respond. |
| 1 2 3 4 5 | 21. | I easily recognize when I’m playing the victim to other people or situations and shift into taking responsibility for my thoughts, feelings, and behavior. |
| 1 2 3 4 5 | 22. | I am on a path of letting go of any negativity from the past that limits me today. |
| 1 2 3 4 5 | 23. | I stand in my full authority instead of letting situations or other people’s opinions define me. |
| 1 2 3 4 5 | 24. | I honor my agreements with others. |
| 1 2 3 4 5 | 25. | I consistently create many positive present moments. |
| 1 2 3 4 5 | 26. | I often give myself lots of love and appreciation for who I am, what I do, and how I show up in the world. |
| 1 2 3 4 5 | 27. | I have clearly defined what I want in all aspects of my life (i.e. career, relationships, finances, health, contribution, etc.) and am proactively pursuing each aspect. |
| 1 2 3 4 5 | 28. | I appreciate and regularly express my innate genius, gifts, and talents. |
| 1 2 3 4 5 | 29. | I allow space in my life for creative endeavors and/or hobbies. |
| 1 2 3 4 5 | 30. | I love and am grateful for myself and my current life... and there are things I want to change. |

Stretch Yourself:

With curiosity,, begin wondering (instead of intellectualizing) how you would feel and what your life would be like if you could honestly rate yourself 4 or 5 on each pathway.

Wonder allows your answers to come from your deepest wisdom instead of from your cognitive mind which is limited by what it already knows.

*To learn how to easily access a genuine state of wonder, go to the Products page of my website and download tools **The Art of Wonder.***

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Note: Although fundamentally important to your well being, these 30 Pathways to Loving Yourself are only the beginning. Begin noticing other ways you can expand into more self-love.