



30 Ways to Know You Love 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 are true, and also appreciate yourself for being honest about those that are false. Since you are a human being, it is unlikely you will answer “true” to all of the statements. No one (except maybe you) is expecting perfection. So 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. I value my body and take care of it so that it best serves the life experience I want to have.	True	False
2. I feed my mind with interesting ideas and information that stretches and expands my knowledge base.	True	False
3. I regularly engage in activities that connect me to my Spirit (yoga, tai chi, prayer, meditation, etc.)	True	False
4. I am peaceful and satisfied with the amount of money I bring in and how I allocate my resources.	True	False
5. I have stopped all self-criticism, self-blame, and self-judgment.	True	False
6. I put myself first without seeing myself as selfish.	True	False
7. My life is organized around what I want to do, instead of what I think I should do.	True	False
8. I am free from guilt and worry.	True	False
9. My career brings me deep joy and allows me to fully express myself.	True	False
10. I easily let go of things I cannot control, and focus instead on what I can.	True	False
11. I honor commitments I make to myself.	True	False
12. My relationships are supportive, satisfying and increase my sense of vitality, instead of draining my energy.	True	False
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).	True	False
14. I know that I am 100% responsible for my feelings and that no one makes me feel anything.	True	False
15. I let go of resentments I hold toward other people or situations.	True	False
16. I let go of anger or regrets I hold toward myself.	True	False
17. I challenge my own limiting thoughts and beliefs instead of allowing my mind to runaway on autopilot.	True	False
18. I accept compliments and appreciation from others instead of deflecting, minimizing, or denying their gift.	True	False
19. I can, and do, ask for what I want instead of going along with what others want.	True	False
20. I speak my deepest truth without holding back for fear of how others will feel or respond.	True	False
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.	True	False
22. I am on a path of letting go of any negativity from the past that limits me today.	True	False
23. I stand in my full authority instead of letting situations or other people's opinions define me.	True	False
24. I honor my agreements with others.	True	False
25. I consistently create many positive present moments.	True	False
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.	True	False
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.	True	False
28. I appreciate and regularly express my innate genius, gifts, and talents.	True	False
29. I allow space in my life for creative endeavors and/or hobbies.	True	False
30. I love and am grateful for myself and my current life... and there are some things I want to change.	True	False

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

Scoring: Count the statements that are true. Subtract that number from 30. The difference will reflect how many more ways you can learn to love and honor yourself!

Stretch Yourself: Look at each “false” statement. With curiosity,, begin wondering (instead of intellectualizing) how you would feel and what your life would be like if you could say “true” to that statement. 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 www.chrislucerne.com/res and download the tool *The Art of Wonder*. To explore coaching and training resources available to you from Chris Lucerne, Master Certified Coach, either call or email.