

Radical Self Love Quiz

How much do I love myself and how can I get closer to the truth of who I am?

When I wake up in the morning I...

1. Am excited about the day to come
2. Tell myself how much I love myself and how lucky I am to be alive
3. Am worried or fearful about the day to come
4. Have generalised feelings of sadness which I don't understand
5. Have a sick feeling in my stomach.

I do things that I love

1. Every day
2. Every week
3. Often
4. Sometimes
5. Never.

I have a self-care routine

1. Daily, because I recognise that it's up to me to take loving care of myself
2. Sometimes I have a self-care regime
3. I didn't know that it would be good to have a self-care routine
4. I don't have a self-care routine
5. What is a self-care routine?

My self-care routine is important to me because

1. I need to care for myself before I care for others
2. I need to connect with myself before I connect with others
3. My love for others can only flow when I love myself first
4. I don't really have a self-care routine, what is that?
5. I expect that others care for me – that's their job isn't it?

I recognise that true self-care is

1. Taking care of my physical body through exercise and my mind and emotions through meditation and spiritual connection and taking care of my higher self through creative practice, whatever that looks like for me (writing, teaching, cooking, crafting etc.)
2. Taking care of my physical body through exercise and my mind and emotions through meditation and spiritual connection
3. For me I am just getting through each day and paying the bills, exercise is all I can manage
4. I am just getting through each day and paying the bills and I don't even manage to exercise half the time
5. For me it's realising today that I need to spend unstructured time with myself because I am really out of touch with how I feel.

It is easy for me to speak my truth and stand up for myself because I know

1. That I am worthy, just for who I am
2. That my voice matters and needs to be heard
3. Actually it is not so easy for me to stand up for myself and I find it hard to speak my truth
4. I never stand up for myself
5. I feel easily crushed and overwhelmed by the personalities and egos of others.

If I am struggling with something

1. I ask for help
2. I ask for help but feel slightly guilty about it
3. I struggle alone, hoping to overcome it through sheer hard work and effort – at the last resort I will reach out for help
4. I don't expect that I will really receive the help I need so I don't ask for it
5. I believe I need to do everything for myself because no one can really help me.

My relationship with my inner guidance / intuition is

1. I am in contact with my inner guidance system and I follow its directions each day
2. I am sometimes in contact with my inner guidance system but not always following it
3. I don't know what my inner guidance is – I am not in touch with it, I make decisions based on rationality only
4. I would love to be in contact with my inner guidance but I have no idea how this can happen for me, or what I need to do in order to make it happen
5. I live very much in my head so I have no idea what you are talking about!

In my relationships with others

1. I often feel seen, heard and connected
2. I sometimes feel seen, heard and connected
3. I rarely feel seen, heard and connected – it seems like it's all about them
4. I feel invisible
5. I feel angry that I am not as appreciated by others as I believe I deserve to be.

In my relationships with my loved ones / family

1. I am generally able to be who I am, state my needs and wants clearly
2. I am sometimes able to be who I am and state my needs and wants clearly, but it is challenging for me
3. I am passive aggressive and if they are not recognising all I do for them, then I might sulk, get angry or be unavailable in the hope that they will appreciate me
4. I feel constricted, and feel like I need to behave in a way that makes them happy

5. I feel controlled / dominated – like I am not able to be who I really am (fully express myself).

My self worth is aligned with the following statement

1. I am worthy of love, worthy of praise, worthy of good things – just because I exist!
2. I feel worthy when someone compliments me, or when I am doing well in my work or family life
3. When I get approval / acceptance from others, I feel worthy
4. When I help others, I feel worthy
5. When I am in service to others, I feel worthy

I recognise that my natural expectation of love from others is that

1. I will be loved and accepted for who I am and I will feel love flowing back and forth
2. I will be loved and accepted for who I am as long as I please people
3. Others will be wary of me and test me before they will love and accept me
4. Others may hurt me – I need to be really careful who I show myself to, because people are not to be trusted
5. I will be rejected, if not immediately, then eventually, when people find out who I really am.

My purpose in life ...

1. Is clear to me, and I know what to do now and what is my next step
2. Is kind of there for me but it's not very clear
3. I don't really know what my life purpose is, but I am OK with that
4. I don't really know what my life purpose is, and I wish I had more clarity
5. I have no idea why I wake up each day and just go through the same motions as yesterday, and I would really love that to change
6. I am OK without a life purpose; I just enjoy each day as it comes.

What is your Score?

If you have mostly 1 – 2s, then you are doing well at loving yourself!

Congratulations!

If you have lots of 3 / 4s, your self-love could do with a boost.

If you have lots of 4 / 5s, you need to check in with yourself more and start the process of inner connection, self-honouring and self-care.

By the way: *There are no wrong answers.*

This is a way for you to open up to some *self-reflection* and some *checking-in*.

Trust that you will be guided to what is the next step for you if you feel you need a self-love booster!

Exception – last question, if you answered 6, you just might be on the way to enlightened spiritual mastery! 😊

What's the point of this exercise?

It's a good way for you to see how you are doing internally – your relationship with yourself.

If you want to start a regular **inner check in**, I would recommend you start a journaling practice, just writing each day your thoughts and feelings without any judgement.

For example:

Friday, 10 am

Feeling exhausted and overwhelmed. Like I just can't be bothered any more. Wonder why? It might be my diet is not giving me enough energy. Or maybe there is something else bugging me about how X is treating me. I am interested in discovering more about this feeling.

Saturday, 6am

Feeling serene right now and like I don't have a care in this world. Somehow it feels like writing my thoughts down yesterday about X changed something between us and they were much more pleasant to me today. I feel something has shifted. Today I feel grateful to be alive and I think I won't work today – I will just enjoy myself, and do fun things.

Going Deeper in Self-Love

A very big part of my work is Radical Self Love; helping people to love themselves more, and so **reach for the stars** and **live their dreams** (whatever they are).

If you are interested in finding out more about Self Love, and going deeper into this practice, you might be interested in coming on one of my retreats.

I host 6 night, 7 day **Radical Self Love** retreats around the world, where each day we practice meditation, then yoga, and we do a 2 hour workshop on a different theme of Self-Love each day.

Find out what other people have experienced on the retreats at:

<http://www.theglobalyogi.com/testimonials>