



# Self- Love Assessment

**HOW MUCH  
DO YOU LOVE  
YOURSELF?**

A soulful guide to assessing, healing and improving your relationship with yourself.

*Your relationship with yourself is the blueprint for every other relationship in your life. Your inner love story and concept you hold of yourself is the filter for every other life story you experience. In order to change your outer reality, you must begin by transforming your inner love story: the concept, beliefs and assumptions you hold about yourself.*

## DEAR ARTIST OF LIFE

Ever wondered if or how much you actually love yourself?

When you look inward, **where are you on the self-love spectrum?** How do you perceive and value yourself? What is your current level of self-worth? **What is your self-image or self-concept in different aspects and areas of your life?**

Most of us suffer from a conditioned **self-love deficit, unworthiness or sense of not being enough**, but this manifests in different ways for everyone. Furthermore, the **life experiences and consequent impressions** through which we have acquired this **story of lack** are unique to every person.

This **Self-Assessment** will help you **review your current relationship with yourself and become more aware of your deeper needs**, as well as determine what aspects of your life could use more love, self-care and healing.

By increasing your **self-awareness**, you will be able to **leverage your creative energy** and focus it exactly where you need more care, self-love and attention.

**You don't have to finish this assessment in one sitting.** Read it in full first and then start journaling or reflecting on the individual prompts for the next days or weeks — as long as it takes you.

Some prompts may be easier and require less self-inquiry than others. You may not be aware of how much **a belief, circumstance, relationship or action** is affecting your relationship with yourself until you start digging deeper into it.

If any of these points brings out **suppressed trauma** and call for deeper self-inquiry, healing, counseling or therapy, **please take the necessary next steps in order to heal**. You will become more aware of this in the process based on your particular story, experiences and reactions.

Once you are done journaling or taking notes on each point, **try to identify the deeper story that you believe about yourself in each of these points**.

Becoming aware of this story will empower you to change or improve it, especially if it dismisses your soul, dims your light or lowers your self-worth.

**EXAMPLE:** If you have a history of broken or unfulfilling romantic relationships, the underlying story you may have acquired in this aspect may be that...

You are not worthy of being loved, chosen or prioritized, that you are too much or not enough in some way. That there is something wrong with you. Etc.

Same goes for every other issue that may have hurt your self-worth and contributed to acquiring and sustaining a negative, disempowering self-concept.

**Practice becoming aware of the stories that form your self-concept - aka, your inner story about yourself.** Think of it as a daily exercise in self-awareness.

Once you do it a couple times, it becomes easier and you will find yourself more able to **quickly identify the stories that run you, in any situation** — and therefore have the power to change them.

Last but not least, **remember that no matter what happened (or hasn't yet happened) to you, you are worthy of giving and receiving love in ABUNDANCE**. Nothing about you is unredeemable or unchangeable. Deep down we are all energy channeled through stories, and energy can be transformed, re-channeled and ever alchemized into a new creation.

**LET THE SELF-LOVE ALCHEMY BEGIN!**

1. **PRIORITIZING YOURSELF:** How often and in what ways do you prioritize your growth, self-improvement, healing, self-awareness, wellbeing and any other area of your that needs your love and attention?

**Think of a regular week in your life:** In what ways do you prioritize everyone else's needs (family, friends, children, partner) above your most urgent needs? If you live alone and are more in control of your schedule and energy, in what ways are you prioritizing other less important or unnecessary tasks, entertainment, drama, work or business above your deepest needs?

**How could you prioritize yourself more every day?** What little changes could you make starting today? What is within your power NOW? Come up with at least 5 ways or little tweaks that you could start implementing today.

2. **YOUR BOUNDARIES:** Think of your closest or most influential relationships: be it **romantic, family, friends or work** related. What conscious boundaries do you usually set in your closest relationships — if any?

**Are they strong and healthy?** You will know if they are by the way you feel: respected, clear-minded, strong, aware, FREE and at peace with yourself, no matter the outcome of the relationship.

**Are they weak?** You will also know this by the way you feel: less self-respect, lower self-esteem, cognitive dissonance, more stress, less energy, the nagging awareness that you are under-valued or taken for granted.

**In which of these 4 areas could you improve your boundaries?** What do you fear might happen if you set stronger, healthier boundaries? Is this potential outcome worse than what the lack of boundaries is causing you?

3. **GIVING, OVER-GIVING AND RECEIVING.** Is the time, energy, and resources that you are giving to others in sync with what you receive from others and life in general? Do you feel full and at peace in this sense? Or do you feel in red numbers in some way?

**True love (of others and life) is sustainable.** It is a constant alchemy of giving and receiving. When this exchange is working you feel whole.

**If you are an over-giver you will often feel robbed and depleted of your time and energy.** You'll be emptied out after your exchanges. You'll feel like no matter what you do or how hard you work, it's never enough. This is either because **you are putting your energy in people or places that are not an energetic match to who you are,** and therefore do not correspond your investment, or you are doing it in **non-sustainable ways.**

Ironically, **the more you over-give, the less worthy you feel of receiving.** When your giving is healthy and balanced, you will feel just as worthy of receiving and you will immediately step back from any exchange that is not sustainable.

In this prompt, **examine your energetic exchanges and investments** you make in the relationships and activities that fill up most of your day. If you are over-giving or investing in unsustainable ways, identify **the leaks that drain your energy, resources and life force** (in any way) and either STOP the investment or CHANGE the way you go about it.

4. **YOUR TOP 3 SOURCES OF PAIN, STRUGGLE OR DISCOMFORT AT THE MOMENT:** What are three aspects of your life that you are struggling with at the moment? Journal about them briefly and identify the underlying story that these issues are telling about you and your self-worth.

**The issue may exist, the struggle may be real, but what accentuates your suffering is THE STORY you are telling yourself about it.**

This story is usually a form of “not good enough, not worthy, not capable, not lucky, not lovable, lost, unredeemable, the end of you, etc.”

Even if the reasons you are struggling are **not your fault** or directly related to something you did or didn't do, **the underlying story is still hurting YOU or diminishing your self-worth** in some way, hence the suffering.

When you identify **what this story is**, you can stop identifying yourself (aka, your truth, your value, your self-worth) with it, and the hurting will stop. The **less attached you are to the false story** told by your issues and struggles, the easier it is to break free and find the solution.

**To solve a problem, you must love yourself enough to detach from it and become one with the solution on an energetic level.** You must remember that you are greater than your struggle.

#### 5. **TOP 3 WAYS IN WHICH YOU WANT TO IMPROVE YOURSELF THIS YEAR.**

It could be in one or more areas of your life, your personality, your health and wellbeing, relationships, etc. **Be as specific as possible, set an approximate deadline and think of immediate steps** you can take. Focus on how each of these improvements will make you FEEL.

**EXAMPLE:** Instead of saying “I want to improve my health,” focus on **WHO you want to be** (IDENTITY SHIFT). Then think of **a specific goal + schedule in the immediate action or steps** you can take towards reaching it:

**“IDENTITY:** I AM healthy, fit and energized. I love to exercise. **GOAL:** Complete 30 consecutive days of exercise. **ACTION:** Start gym tomorrow at 8:30.” If you can, take the first action NOW when the fire is hot: e.g. *Book gym membership online, commit to your goal in some way RIGHT NOW.*

There is so much to do and so many distractions to fight off. **Direct your focus to what most needs your help, love and attention right now.**

Starting with the IDENTITY makes it exciting, because

6. **PAST TRAUMA (Where the unworthiness or lovelessness began):** If you are already familiar with some of your past traumas and you've been actively working on yourself for a while, this point will come easier. If you aren't, take as long as you need with this point. Your awareness will increase through your self-love journey.

Try to **recall any events or energetic exchanges that happened in your early childhood**, that may have dismissed your truth, diminished your sense of self-worth, lowered your self-esteem and impaired your confidence.

Our lack of love for ourselves usually **begins in our childhood**, through **some kind of wound** that we receive before we are able to develop our rational thinking, so we are unequipped to resist it or protect ourselves.

Unconsciously, **we end up adopting the story told by these painful or disappointing experiences**, which in its essence is usually a synonym of: "You are not worthy or lovable or good enough" — and/or any variations of this lie.

**When this becomes your blueprint love story with yourself** since your early childhood, **you will attract subsequent life stories** (in any shape or form) that confirm this narrative. The rest of your life will unfold according to this script, for the most part **unconscious to YOU, the adult**.

In this prompt, **identify your earliest traumas or stories of lovelessness or unworthiness and how they initiated**. They may have started with a big traumatic event (like physical or emotional abuse) or a seemingly smaller exchange (like a teacher telling you once that you are not smart, talented or creative enough).

The magnitude of the literal event doesn't matter. The story the event can leave you with is always damaging to the psyche. **As a child, EVERYTHING you experience matters**. Everything is of the same consequence to your soul's journey. **It either confirms or denies you, uplifts or dismisses you**.

7. **YOUR LOVE STORY WITH YOURSELF:** Based on all the past exercises, **identify your Survival (Pseudo) Love Story with yourself.** That is, the story told by your traumas, hurts, regrets and disappointments. **Write it down in one paragraph in the third person,** as this will give you more objectivity and show you how damaging this story can be. You'd never say or think this about anyone else.

Next, change this story around and **replace all the false statements and lies about your soul with the truth that resonates deep inside,** beneath the layers of unworthiness and not-enoughness. Write this new Aliveness Story in another paragraph, in the third person.

**EXAMPLE:** If your Survival Love Story said something like "I am not beautiful / attractive / talented enough / I don't have what it takes / I am not worthy of more / This is the best I can get / Everyone leaves me / No one will ever love me, etc." the Aliveness Story would say just the opposite of that.

**Let your heart remind you the TRUTH of who you really are.** You will know it's your true Love Story because it will **FEEL LIKE HOME:** It will feel like your essence. It will feel real, joyful, non-assuming, peaceful, easy, flowing, playful, true to your soul - even if your conditioned mind initially rejects it.

**Print it out or write it on a post-it note** and put it everywhere around your house, repeat it daily to yourself, until you internalize this truth.

8. **YOUR LOVE STORIES WITH OTHERS:** Repeat the above exercise with your closest relationships or connections, both personally and professionally. First, identify your **Hurt / Struggle / Survival "Pseudo Love" Story.** That is, who and how you may have unconsciously believed you are so far.

Then write down your Aliveness Love Story in each of these areas: **Romantic Relationships, Friendships, Family and Work.** It doesn't have to be a different story for every single relationship or connection.



**Identify one general Survival Story vs. its opposite Aliveness Story** for each of these 4 relationship categories. Aside from the particularities of every relationship, the same theme / story tends to play out in each category.

9. **WHAT DIMINISHES OR DISMISSES YOUR LOVE FOR YOURSELF?** What are the enemies, the villains of this renewed Love Affair with Yourself that you have just begun? What obstacles can you identify right away?

It could be **anything or anyone that holds you back from loving yourself and your life to the fullest**: a relationship, a habit, a distraction, an attitude, a belief — ANYTHING.

Make **a list of your villains** and recall in a few words how each of these enemies or obstacles make you feel. Don't spend too much time there, just **acknowledge the feelings, so you can remember them later**. Try to see the connection between these Self-love Vampires and your Survival Pseudo Love Story.

The more aware you become about your obstacles and energy vampires, the better equipped you are to **quickly identify them** when they show up in your everyday, and then dismiss or overcome them.

10. **WHAT MAKES YOU FEEL ALIVE? WHAT HELPS YOU FALL AND STAY IN LOVE WITH LIFE?** What are the helpers, angels or catalysts of your Love Affair with Life? What empowers you and magnifies your love for yourself? **What helps and supports you in improving, rebuilding, healing and loving your relationship with yourself?**

**Make a Love List** — including **ideas, beliefs, feelings, actions**, activities, relationships, connections, hobbies, art, passion-projects... — **ANYTHING that refuels your heart and helps it fall deeper in love with this human experience**. Try to fit as many of these "lovers" into your weekly schedule as you can. Find ways to **romance your life**, to let love in and it will grow in you, through you, for you.

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# WANT TO DIG DEEPER AND SPEND 30 DAYS TRANSFORMING, HEALING AND UPGRADING YOUR RELATIONSHIP WITH YOURSELF?

[Self-Love Rehab](#) is a **30-Day Self-Love Journey** that will help you rewrite your Love Story with Life, raise your self-worth, let go of your victim mindset and step into your power as Creator and Artist of your Life.

Through **daily Self-Love Coaching** - including lessons, inspiration, journaling prompts, mindset shifting practice, self-care checklists + rituals, meditations and affirmations, as well as weekly **LIVE group sessions**, a **Virtual Community** and **Support**...

[Self-Love Rehab](#) will guide you on a journey inward to a more empowered, creative, magnetic and aligned version of you.

[CLICK HERE TO LEARN MORE AND SAVE YOUR SPOT](#)