



# SELF-CARE QUIZ



1. What negative thoughts about who I am, am I holding onto?

- ·When have I felt weak?
- ·Why do I feel guilty?
- ·What memories make me feel small?

2. What thoughts of scarcity do I believe in my core?

- ·Why don't I believe I can access wealth?
- ·Why do I feel like I'm running out of time?
- ·Do I see my energy as a resource worth replenishing?

3. Who taught me that my needs weren't important?

- ·When have I felt abandoned?
- ·When have I felt ignored?
- ·When have I felt unheard?

4. What am I so afraid of?

- ·What do I think will fall apart?
- ·What am I scared of losing?
- ·Why can't I trust others to care for themselves?

Dig deep for the answers. Fight the tendency to believe old stories and search for the truth inside of you. Then start to challenge your beliefs. Ask yourself:

5. What positive thoughts about myself can I focus on?

- ·What strengths do I bring to the world?
- ·What accomplishments do I feel proud of?
- ·What helps me know my value?

6. What thoughts of abundance can I adopt?

- ·Can I believe that I am worthy of my time, even if it is my last minute of the day?
- ·Can I believe that I am worthy of my money, even if it is my last dime?
- ·Can I believe that I am never too tired to care for my needs?

7. How do I know that I am important?

- ·When have I felt helpful?
- ·When have I felt supported?
- ·When have I felt at peace?

8. How do I know I'm safe?

- ·When have I pulled back only to have things work out well anyway?
  - ·When has one door closed, only for another to open?
  - ·When has someone come through for me, despite my doubt?
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