

My Self

- I like who I am inside
- I like my body and look after it
- My skin is in good condition
- My hair is in good condition and as I want it
- My nails are in good condition and as I want them
- My posture is good
- I wear clothes I feel good in
- I have no trouble getting up in the mornings
- I have no regrets
- I live in the present, not the past or the future
- I live in the real world, not a fantasy life
- There is nothing missing from my life (e.g., love, culture, fun)
- I laugh out loud almost every day
- I watch no more than 5 hours of television a week
- I feel life treats me fairly
- I know I deserve to be happy
- My life is not ruled by shoulds
- I give enough time and energy to my hobbies that they satisfy me
- I can say no when necessary
- I have as much privacy and time to myself as I want
- I go out as often as I want to
- There is nothing in my day-to-day life that scares me
- However, I do regularly venture out of my comfort zone to try new things
- I enjoy my life
- I believe I can fulfil my dreams

My score on _____ (date) is _____ / 25