**DISCOVERING YOUR BEST SELF**

Within each of us lies our very best selves. This is the part of us that intuitively knows the best way to handle every situation, lives a life of balance, has emotions under control, sees things in a different light and is open to new opportunities. Find out how closely you are living up to your truest potential and living as your best self.

Rate each item on a scale of 1-5, with 1 being less true and 5 being more true. Please choose any number between 1 and 5 that you feel best represents you. Do not spend a lot of time thinking about your answers but follow your intuition.

**Your Best Self Assessment**

1. I always speak from my heart, from a place of love. \_\_\_\_\_\_

2. The things I tell myself are always positive. \_\_\_\_\_\_

3. I rarely get depressed. \_\_\_\_\_\_

4. I reward myself often. \_\_\_\_\_\_

5. I allow myself to dream \_\_\_\_\_\_

6. I always eat healthy. \_\_\_\_\_\_

7. All of my actions come from my heart, from a place of love. \_\_\_\_\_\_

8. I view mistakes as opportunities to grow and learn. \_\_\_\_\_\_

9. My life is well balanced. \_\_\_\_\_\_

10. I celebrate my successes. \_\_\_\_\_\_

11. I never let fear stop me. \_\_\_\_\_\_

12. I am happy most of the time. \_\_\_\_\_\_

13. I always touch from my heart, from a place of love. \_\_\_\_\_\_

14. I try to see the positive in every situation. \_\_\_\_\_\_

15. I feel full of energy. \_\_\_\_\_\_

16. I always do what’s best for my body. \_\_\_\_\_\_

17. I always think with my heart, from a place of love. \_\_\_\_\_\_

18. I never let self-doubt stop me. \_\_\_\_\_\_

19. I take time for me. \_\_\_\_\_\_

20. I see obstacles as opportunities to learn and grow. \_\_\_\_\_\_

21. I never get angry. \_\_\_\_\_\_

22. I am my own best friend. \_\_\_\_\_\_

23. I always see with my heart, from a place of love. \_\_\_\_\_\_

24. I never say things I don’t mean. \_\_\_\_\_\_

25. I believe I deserve to be happy. \_\_\_\_\_\_

26. I do at least one creative thing a day. \_\_\_\_\_\_

27. I believe in myself. \_\_\_\_\_\_

28. I always hear with my heart, from a place of love. \_\_\_\_\_\_

29. I trust myself. \_\_\_\_\_\_

30. I know I have the power to change my life. \_\_\_\_\_\_

31. I do at least one spiritual thing a day. \_\_\_\_\_\_

32. When things are not going as well as I would like, I take steps to change them. \_\_\_\_\_\_

33. I am in touch with my soul. \_\_\_\_\_\_

34. My finances are under control. \_\_\_\_\_\_

35. I am happy in my job. \_\_\_\_\_\_

36. I have satisfying relationships. \_\_\_\_\_\_

37. I don’t have any unhealthy habits. \_\_\_\_\_\_

38. I handle change well. \_\_\_\_\_\_

39. I live a life of abundance. \_\_\_\_\_\_

40. I never self-sabotage. \_\_\_\_\_\_

41. I try to deal with every situation with kindness, either towards myself or others.\_\_\_\_\_

42. I have made all of my dreams a reality. \_\_\_\_\_\_

43. I enjoy my life. \_\_\_\_\_\_

44. I know my life’s purpose. \_\_\_\_\_\_

45. I appreciate myself. \_\_\_\_\_\_

46. I accept my dark side as part of me. \_\_\_\_\_\_

47. My mind is usually calm. \_\_\_\_\_\_

48. I practice acceptance everyday. \_\_\_\_\_\_

49. I trust my intuition. \_\_\_\_\_\_

50. It’s easy for me to forgive others. \_\_\_\_\_\_

51. I love myself. \_\_\_\_\_\_

52. I am always my best self. \_\_\_\_\_\_

53. I accept myself. \_\_\_\_\_\_

54. It’s easy for me to forgive myself. \_\_\_\_\_\_

55. I never criticize others. \_\_\_\_\_\_

56. It’s easy for me to express my feelings. \_\_\_\_\_\_

57. I deserve abundance. \_\_\_\_\_\_

58. I never criticize myself. \_\_\_\_\_\_

59. I give back to others and my community. \_\_\_\_\_\_

60. I know how to have fun. \_\_\_\_\_\_

61. I practice alone time every day. \_\_\_\_\_\_

62. I’m not afraid to take risks. \_\_\_\_\_\_

63. I’m comfortable being alone with myself. \_\_\_\_\_\_

64. I have all the money I want. \_\_\_\_\_\_

65. It is easy for me to say no. \_\_\_\_\_\_

Congratulations! You have successfully completed the survey. Please add up all of your answers for your total score. Remember, the way you answered the above questions are neither right nor wrong, but simply a snapshot into you and how you relate to the world. Your total score will show us if coaching would be beneficial for you and a low individual statement score will tell us where additional coaching may be needed for you to discover your best self.