

Daily Self-Love Scale

- 1** I hate myself. Nobody loves me and nobody is going to love me. My ex-lover is the only person in the world who loved me.
- 2** I don't feel loved. I am looking for someone to love me. I have so many flaws and imperfections; I doubt anybody is going to love me.
- 3** I feel lost and empty. I am judgmental of myself most of the time. I am hopeful about love.
- 4** I don't know how I feel and what I need. I know I am supposed to take care of myself but I don't and if I do it feels mechanical. I've heard of self-love but I don't know what it is. I am open to the possibility of being loved.
- 5** Sometimes I love myself and sometimes I don't. It depends on what's going on in my life. My life lacks meaning. I have a sense that there is something wrong with me.
- 6** I am into positive thinking and I believe that I have the power to change my life. I know how to get by in life but I don't feel fulfilled with my life most of the time.
- 7** I am aware of my needs, feelings and desires. There is still something important missing from my life. I feel good about myself. I am capable of feeling love for myself.
- 8** I check in with myself through out the day to become aware of my needs, feelings and desires. I am connected to others in my life. I feel nourished. I am aware of the things in life that make me feel happy and joyful.
- 9** I love and accept myself unconditionally. I express my needs, feelings and desires to others. I ask for support when I need it. I create time just to be with myself. I am working towards my dreams. I feel grateful. I accept myself for who I am and as I am.

- 10** I am deeply present with myself. I spend time with myself to tune in to my inner life. I appreciate myself daily. I take time to rest and play. I take great care of myself. I am 100% committed to myself, my dreams, and my destiny. I am conscious of my food choices. I adore myself. I am a treasure. I believe I am worthy of the best in life! I experience deep intimacy with myself and those I choose to be close with. I am deeply fulfilled. I am an integral part of the whole.
- 11** I am deeply in love with myself. I am living the life of my dreams! I am deeply fulfilled with myself and my life. I experience genuine happiness. I have all the love that I desire and I am sharing it with others.

