

# Self-Love

As I began to examine my level of self-esteem there seemed to be many different aspects. I invented this self-assessment tool to help me identify the different areas of myself that I wanted to develop.

These ten qualities of self-esteem lead to a well-rounded sense of self. The sentence after the definition shows how you feel about yourself determines how you perceive others. What is your current level of self-esteem in each of these areas? What can you do to improve? Our friendships are a reflection of our self-love.

#1 Self-Concept is how I think about who I am.

I am special so I am able to acknowledge your uniqueness.

#2 Self-Image is how I feel about how I look.

I look good so I feel you look good too.

#3 Self-Confidence is a realistic belief in my capabilities.

I can do it so I trust you too are capable.

#4 Self-Reliance is the trust in my abilities to solve problems.

I trust my abilities so I trust yours.

#5 Self-Responsibility is my ability to make conscious choices.

I assume responsibility for my choices so I trust you to do the same.

#6 Self-Control is the power to direct my emotions and actions.

I am in charge so I expect you to be in charge.

#7 Self-Respect is a high regard for myself.

I honor who I am so I respect you.

#8 Self-Worth is the sense of value I give myself.

I am valuable so I value you.

#9 Self-Care is the concern for my health and happiness.

I enjoy taking good care of myself so I support you caring for yourself.

#10 Self-Acceptance is the ability to be compassionate toward myself.

I accept who I am so I accept you as you are.

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