

Do You Have an Enlightened Self-Image?

1. I feel good about myself when I look in the mirror. always_____ sometimes_____ never_____
2. I eat and drink in moderation. always_____ sometimes_____ never_____
3. I am aware of what I say about my body. always_____ sometimes_____ never_____
4. I am aware of what I say about other people's bodies. always_____ sometimes_____ never_____
5. I trust and act on my intuition. always_____ sometimes_____ never_____
6. I am happy to be the age I am. always_____ sometimes_____ never_____
7. I splurge and "go all out" every once in awhile. always_____ sometimes_____ never_____
8. I have a spiritual practice that I engage in regularly. always_____ sometimes_____ never_____
9. I have a physical practice that I engage in regularly. always_____ sometimes_____ never_____
10. I think of my body as a vessel of my soul. always_____ sometimes_____ never_____
11. I am able to forgive myself and others for past actions. always_____ sometimes_____ never_____
12. I am totally responsible for my own happiness. always_____ sometimes_____ never_____
13. I live according to the values I inherited from my family, church and culture. always_____ sometimes_____ never_____
14. I base my actions on what others will think of me. always_____ sometimes_____ never_____
15. I am more apt to do what I think I "should" do than what I "want" to do. always_____ sometimes_____ never_____