

Embracing Self-Love

- Course Reflection -

Your Information

First Name:

Last Name:

Email:

Phone:

Self-Assessment

1. What's the main reason you wanted to participate in this course?

2. With this reason in mind, what progress did you make during this course?

3. On a scale of 1-10 how would you rate your relationship with yourself right now?

1 2 3 4 5 6 7 8 9 10

What improvements have you noticed in the last 3 months?

What would make your relationship with yourself a 10?

4. On a scale of 1-10 how would you rate your positive coping skills when things get tough?

(In other words, how often do you turn to things like meditation, exercise, and self-care when you're feeling badly?)

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

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5. On a scale of 1-10 how would you rate your ability to deal with anger?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

6. On a scale of 1-10 how would you rate your relationship to your family of origin?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

7. On a scale of 1-10 how would you rate your relationship with food, alcohol, and/or drugs?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

8. On a scale of 1-10 how would you rate your career?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

9. On a scale of 1-10, how would you rate your relationship with money?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

10. On a scale of 1-10 how would you rate the friendships in your life?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

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11. On a scale of 1-10 how would you rate your romantic life?

- 1 2 3 4 5 6 7 8 9 10

What would make it a 10?

12. On a scale of 1-10 how would you rate your ability to communicate effectively?

- 1 2 3 4 5 6 7 8 9 10

What would make it a 10?

Reflection

1. What lessons and/or practices from this course have you found supportive?

2. What do you see as your main challenges going forward?

3. What tools will you use to meet those challenges?

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4. In light of what you learned in this course, what is your next set of intentions?

5. Would you recommend this course to someone else, if yes, what would you tell them?

Please email the completed questionnaire to jesse.giunta.rafeh@gmail.com

**Your answers will be kept completely confidential*

