



00MPH

SELF-WORTH

HEALTH QUIZ

FOR ADULTS ONLY



00MPH

RATE ON A SCALE FROM 1-5 | 5 = STRONGLY POSITIVE
1 = STRONGLY NEGATIVE | ANSWERS HONESTLY.

SECTION 1: SELF-PERCEPTION

SCORE

1. HOW WOULD YOU RATE YOUR OVERALL SELF-PERCEPTION?

2. DO YOU OFTEN COMPARE YOURSELF TO OTHERS, ESPECIALLY ON SOCIAL MEDIA?

3. HOW DO YOU REACT WHEN YOU MAKE A MISTAKE OR EXPERIENCE FAILURE?

SECTION 2: SELF-CARE AND HEALTH

1. HOW WELL DO YOU PRIORITIZE SELF-CARE ACTIVITIES, SUCH AS EXERCISE, RELAXATION, AND HEALTHY EATING?

2. DO YOU ENGAGE IN PHYSICAL ACTIVITIES THAT YOU ENJOY, REGARDLESS OF YOUR APPEARANCE OR FITNESS LEVEL?

3. HOW OFTEN DO YOU SEEK MEDICAL ADVICE OR MENTAL HEALTH SUPPORT WHEN NEEDED?

SECTION 3: RELATIONAL CONNECTIONS

1. HOW DO YOU FEEL ABOUT YOUR RELATIONSHIPS WITH FRIENDS AND FAMILY?

2. ARE YOU COMFORTABLE SETTING BOUNDARIES IN YOUR RELATIONSHIPS?

3. DO YOU OFTEN SEEK VALIDATION AND APPROVAL FROM OTHERS TO FEEL VALUED?

SECTION 4: FUTURE OUTLOOK

1. HOW OPTIMISTIC ARE YOU ABOUT YOUR FUTURE AND YOUR ABILITY TO ACHIEVE YOUR GOALS?

2. DO YOU ACTIVELY PURSUE PERSONAL GROWTH AND LEARNING OPPORTUNITIES?

3. ARE YOU OPEN TO SEEKING PROFESSIONAL HELP OR GUIDANCE TO IMPROVE YOUR SELF-WORTH AND OVERALL WELL-BEING?

Calculate your total score by summing up the scores for each question.



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INTERPRETING YOUR RESULTS

SCORE 12-24 - THE SELF-CYNIC

YOUR SELF-WORTH MAY BE SERIOUSLY IMPACTING VARIOUS AREAS OF YOUR LIFE NEGATIVELY. CONSIDER SEEKING SUPPORT AND RESOURCES TO IMPROVE YOUR SELF-PERCEPTION AND OVERALL WELL-BEING. WE HIGHLY RECOMMEND OUR COACHING FOR SUPPORT!

SCORE 25-36 - THE INQUIRER

YOU HAVE A MIX OF SELF-WORTH CHALLENGES AND STRENGTHS. FOCUS ON BUILDING ON YOUR STRENGTHS AND ADDRESSING AREAS WHERE YOU HAVE DOUBTS OR INSECURITIES.

SCORE 37-48 - THE EXPLORER

YOU HAVE A HEALTHY SENSE OF SELF-WORTH AND WELL-BEING. CONTINUE NURTURING YOUR SELF-ESTEEM AND MAINTAINING POSITIVE RELATIONSHIPS.

SCORE 49-60 - THE OPTIMIST

CONGRATULATIONS! YOU HAVE A STRONG AND POSITIVE SELF-WORTH, WHICH CONTRIBUTES SIGNIFICANTLY TO YOUR OVERALL WELL-BEING. KEEP UP THE GREAT WORK!

START HEALTHIER SELF JOURNEY

THANK YOU FOR TAKING THE SELF-WORTH HEALTH QUIZ. YOUR SELF-WORTH IS A CRUCIAL COMPONENT OF YOUR OVERALL HEALTH AND HAPPINESS, AND UNDERSTANDING IT BETTER IS THE FIRST STEP TOWARD POSITIVE CHANGE.

IF YOUR QUIZ RESULTS FELL WITHIN THE BOTTOM TWO BRACKETS (TOTAL SCORE 12-36), DON'T WORRY; THERE ARE RESOURCES AND SUPPORT AVAILABLE TO HELP YOU ENHANCE YOUR SELF-WORTH AND WELL-BEING. WE BELIEVE THAT EVERYONE DESERVES TO FEEL VALUED AND CONFIDENT.

CONSIDER JOINING OUR HIGH-LEVEL NUTRITION COACHING PROGRAM, AN INCREDIBLE RESOURCE DESIGNED TO EMPOWER INDIVIDUALS TO IMPROVE THEIR SELF-PERCEPTION, MAKE HEALTHIER CHOICES, AND PRIORITIZE SELF-CARE. OUR PROGRAM OFFERS PERSONALIZED GUIDANCE, EXPERT ADVICE, AND A SUPPORTIVE COMMUNITY TO ASSIST YOU ON YOUR JOURNEY TO A MORE CONFIDENT AND HEALTHIER YOU.