

Date: _____

Self-Evaluation

21-Day Detox Challenge ~ Spirit, Mind & Body

On a scale of **1 – 10**: [Rate the following with **10** being the strongest agreement with statement]

1. When I think of myself, I think positive, loving thoughts:
1 2 3 4 5 6 7 8 9 10
2. When I set a goal, I never have doubts about achieving it:
1 2 3 4 5 6 7 8 9 10
3. When something unpleasant happens, I see the bright side quickly:
1 2 3 4 5 6 7 8 9 10
4. The goals I set are completely consistent with my self-image:
1 2 3 4 5 6 7 8 9 10
5. I always complete the things I start
1 2 3 4 5 6 7 8 9 10
6. Primarily, I speak positive thoughts and energy into my life
1 2 3 4 5 6 7 8 9 10
7. I am completely aware of the negativity in my thoughts and speech
1 2 3 4 5 6 7 8 9 10
8. I am constantly around positive and uplifting people
1 2 3 4 5 6 7 8 9 10
9. I feed my brain new knowledge and ideas constantly
1 2 3 4 5 6 7 8 9 10
10. Most of my entertainment is positive and uplifting
1 2 3 4 5 6 7 8 9 10
11. I have lots of fun and laugh very often
1 2 3 4 5 6 7 8 9 10
12. My word IS my bond – when I make a promise, I keep it.
1 2 3 4 5 6 7 8 9 10
13. I have no unresolved emotions
1 2 3 4 5 6 7 8 9 10

14. I am unaware of unresolved emotions however my emotions are erratic
1 2 3 4 5 6 7 8 9 10
15. I am aware of unresolved emotional issues and they are being dealt with
1 2 3 4 5 6 7 8 9 10
16. I hold myself accountable for all I am responsible for
1 2 3 4 5 6 7 8 9 10
17. Being accountable to another person or other people is easy for me
1 2 3 4 5 6 7 8 9 10
18. I have a very active imagination and I use it regularly
1 2 3 4 5 6 7 8 9 10
19. I do not eat unhealthy foods
1 2 3 4 5 6 7 8 9 10
20. I hydrate my body regularly by drinking sufficient water
1 2 3 4 5 6 7 8 9 10
21. I eat lots of fruits and vegetables
1 2 3 4 5 6 7 8 9 10
22. I exercise regularly
1 2 3 4 5 6 7 8 9 10
23. I do acts of kindness regularly
1 2 3 4 5 6 7 8 9 10
24. I read spiritually uplifting material regularly
1 2 3 4 5 6 7 8 9 10
25. I practice stillness or meditation regularly
1 2 3 4 5 6 7 8 9 10
26. I have a forgiveness mindset – forgiving easily and regularly
1 2 3 4 5 6 7 8 9 10
27. My gratitude is consistent – I am always thank-full
1 2 3 4 5 6 7 8 9 10
28. I listen to positive and uplifting music regularly
1 2 3 4 5 6 7 8 9 10
29. I practice prolonged periods of silence for positive reasons
1 2 3 4 5 6 7 8 9 10
30. Periodically, I unplug from technology to focus and ground myself
1 2 3 4 5 6 7 8 9 10