

## Feel Good Foundations Measurements

If you are just starting with your feel good foundation measuring, choose ONE to start with.

Measure on a scale of 1-10 where:

Self-care: 1 is "I don't feel cared for" and 10 is "I take excellent care of myself"

Joy: 1 is "I'm not enjoying life" and 10 is "I love my life"

Energy: 1 is "I could lie face-down on the floor and stay there" and 10 is "I'm like tigger! Bounce! Bounce!"

Self-love: 1 is "I don't love myself" and 10 is "I love, treasure, adore, and treasure myself"

Day	Self-care	Joy	Energy	Self-love
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