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## InspireMe360 - Body Image, Self-Esteem & Self-Love Inventory

This inventory is designed to help us understand your relationship with your body, your self-esteem, and your capacity for self-love. Your responses are confidential and will be used to help support your personal growth during the retreat.

### Personal Information

Full Name:	
Date of Birth:	
Phone Number:	
Email Address:	

### Body Image Perception

How would you describe your current relationship with your body?	
On a scale of 1-10, how satisfied are you with your body image?	(1 = Very Dissatisfied, 10 = Very Satisfied)
What parts of your body do you feel most confident about?	
What parts of your body do you struggle to accept or love?	
Do you compare your body to others often? (Yes / No) Please explain	

### Self-Esteem Inventory

On a scale of 1-10, how would you rate your overall self-esteem?	(1 = Very Low, 10 = Very High)
Do you feel comfortable expressing your needs and opinions?	(Yes / No)
How often do you feel proud of yourself?	
Do you believe you are capable of achieving your goals?	(Yes / No)
What negative beliefs about yourself would you like to change?	



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### Self-Love Practices

Do you regularly practice self-care? (Yes / No) If yes, describe your routines:	
Do you speak kindly to yourself? (Yes / No) Give examples:	
How often do you acknowledge your strengths and achievements?	
Do you set healthy boundaries with others? (Yes / No)	
What would help you cultivate more self-love in your life?	

### Consent & Signature

I understand that the information provided in this inventory is confidential and will only be used to support my personal growth during InspireMe360 programs.

Signature:		Date:	
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