

# The Love for No Reason Self-Assessment



Rate each question on a scale of 1 – 10, where 1 is “Not at all true” and 10 is “Absolutely True.”

1 = Not at all True

5 = Moderately True

10 = Absolutely True

1. I move through my day feeling grounded—aware, awake, and appreciative of what is happening in the present moment.

1      2      3      4      5      6      7      8      9      10

2. I feel connected to the natural world, including people, animals, plants, water, mountains, etc.

1      2      3      4      5      6      7      8      9      10

3. I feel supported—by my friends and family, and by a friendly universe.

1      2      3      4      5      6      7      8      9      10

4. I have a lot of physical energy and am able to feel my feelings without resisting or suppressing them.

1      2      3      4      5      6      7      8      9      10

5. I feel deserving of love and am able to be assertive without being aggressive.

1      2      3      4      5      6      7      8      9      10

6. I feel an abundance of love in my heart—I give and receive from a sense of fullness.

1      2      3      4      5      6      7      8      9      10

7. I am a good communicator. I express how I really feel and listen without being defensive.

1      2      3      4      5      6      7      8      9      10

8. I am intuitive and see the beauty all around me.

1      2      3      4      5      6      7      8      9      10

9. I experience periods of acceptance and/or peace on a daily basis.

1      2      3      4      5      6      7      8      9      10

10. I feel connected to a power larger than myself and feel higher love flowing through me.

1      2      3      4      5      6      7      8      9      10

## Scoring Section:

If your score is 80 – 100: Congratulations, you could be one of my Love Luminaries!

If your score is 60 – 79: You’re well on your way to Love for No Reason.

If your score is 40 – 59: You’re having glimpses of Love for No Reason

If your score is under 40: It’s great that you’re reading this book. Love for No Reason is waiting for you.

Once you’ve completed the *Love for No Reason* program laid out in the book, you can take this self-assessment on a regular basis to chart your progress toward living a life of unconditional love.