

Don't worry that children never listen to you,  
worry that they are always watching you.

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*People treat you the way you treat yourself ~  
A quick quiz for parents*

*It doesn't add up if you think you can take care of your  
lively child without taking good care of your self.  
Find a pencil and see how you are going caring for  
yourself, respecting yourself, and being kind to yourself.*

	Hardly ever	Sometimes	Often	Nearly always	Always
1. I can say no when someone asks me to do something I don't want to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I take time out to do things that nourish me without feeling guilty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I look after my body doing regular exercise that I love.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I look after my body eating nourishing food and drinking nourishing drinks .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I take care with my clothes and the way I look.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I can ask fair pay for my work, I won't let myself be ripped off.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I value my time and spend it in ways that are good for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I enjoy my own company, I don't have to be with others all the time, or have the TV or MP3 going all the time to fill the space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I compare myself with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I accept myself exactly as I am. I don't have to wait until I lose five kgs, get a car, earn some money... before I 'get happy'.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I criticise myself and put myself down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I just notice my feelings and spend as much time as I can doing the things that make me joyful, relaxed and happy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I just notice my sad, jealous, angry, resentful... feelings and I deal with them without resorting to alcohol, drugs or hurting people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I set goals and acknowledge myself when I achieve them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I know that I always do the best I can do. (Even if two days later I learn to do it better, I did my best. I couldn't do better than that.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*For numbers 9 & 11 the nearer your answers are to 'hardly ever' the better.  
For all the rest, the nearer your answers are to 'always' the better.*

*Children learn to do self-respect from watching you.*