

5 DAY MINDSET COURSE

LOVE VS FEAR QUIZ

Which are you choosing more of, love or fear? Circle which one resonates the most with you, and be honest with your answers. This will help you identify areas that you might need to improve or work on. At the end tally up the score for each column.

Love VS Fear	
I exercise because I love my body and it is good for me. I exercise to feel energized and strong.	I exercise because I hate my body. I don't want to gain weight and I want to be a certain number on the scale.
I fuel my body with healthy food because it makes me feel good, it leaves me energized and my body deserves good food.	I eat out of stress, I watch every calorie that goes into my body so I don't gain weight.
I regularly take time for myself to do what fuels my soul because I deserve and need time for me.	I am too busy to take time for me and I have too many things to do.
I go to work because I love what I do and I make an impact on those around me.	I go to work because I have to pay my bills and I don't really enjoy it.
I believe I can make a difference in the lives of those around me, I do acts of kindness, I help others and I am a source of good.	I am not contributing to the world, I do what is right for me and only take care of things that are important to me.
I am with someone I love and enjoy their company.	I am holding onto toxic relationships because I am afraid of being alone.

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My friendships light me up, they are loving, kind and supportive.	My friendships are toxic but I keep them in my life because I am afraid I won't find someone else.
Money doesn't control my life, it is only energy and it doesn't define my happiness.	I am in debt, I always think about money and would be a lot happier with more of it.
I support the strong women in my life and lift them up.	I compare myself to the strong women in my life and often feel jealous of them.

Love Tally _____

Fear Tally _____

Take a look at your quiz results and see which way you tend to make decisions out of. This will help you identify moments when you might have chosen fear over love and will help make you more aware of future moments and decisions.

Remember, fear is a natural reaction. To overcome fear, you HAVE to action.