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YOUR RESULTS ARE IN...

YOUR SELF-RESPECT QUIZ SCORE
INDICATES YOU ARE IN THE

GROWTH ZONE

BONUS INSIDE: The Seven Non-Negotiables for building self-respect

What does the **Growth Zone** mean for you?

The **Growth Zone** indicates that you have dedicated time and effort to really understanding how self-respect can radically improve how you see yourself and the world around you.

Likely, you're already experiencing and enjoying some of the incredible benefits of having healthier levels of self-respect... but... you're also aware of the areas of your life that you need to work on.

This may be playing out for you in a few different ways, such as:

- You have energy most of the time, but during times of stress you feel completely overwhelmed and exhausted
- You're becoming your own person yet rely on the praise of others for confirmation of your abilities
- Despite developing your self confidence, feeling like an imposter creeps up when you're moving out of your comfort zone
- You swing between days of communicating your boundaries confidently and other days where you people please and avoid conflict at all costs.
- You dream about making a big change in your life but give in to fear so you don't take action

That is precisely why taking the time to read through this information carefully and consciously, you will

1. Understand what self-respect means to you;
2. Gain a clear understanding of what your results mean and
3. Understand which areas of your life you need to build healthier levels of self-respect.

I can't wait to see you become an even more fabulous version of yourself!

Quick tips to **maximise** your benefit from this document:

1

Have your quiz results readily available so you can constantly refer back and forth whilst reading the information.

2

It is rarely a lack of want or desire to improve ourselves personally, it's simply that our ego gets in the way to try and protect us from seeing the truth. So rather than looking at the results and immediately going into a mindset of 'this is BS' or feeling frustrated or angry, instead ask yourself 'what rewards would I get from working on these areas?' - and see what kind of shift that provides you.

3

If answers don't come to you or your mind feels overwhelmed, have a break (yes, even a KitKat break). Go for a walk, call a friend, do whatever you need to do to reset. When you feel like your mind is calm and ready to receive information and grow, dive back in.

4

Regarding the questions for self-reflection: you don't have to answer all of them and in sequential order. They are simply there to help you catalyse a conversation with yourself. Pick one that resonates with you and start there.

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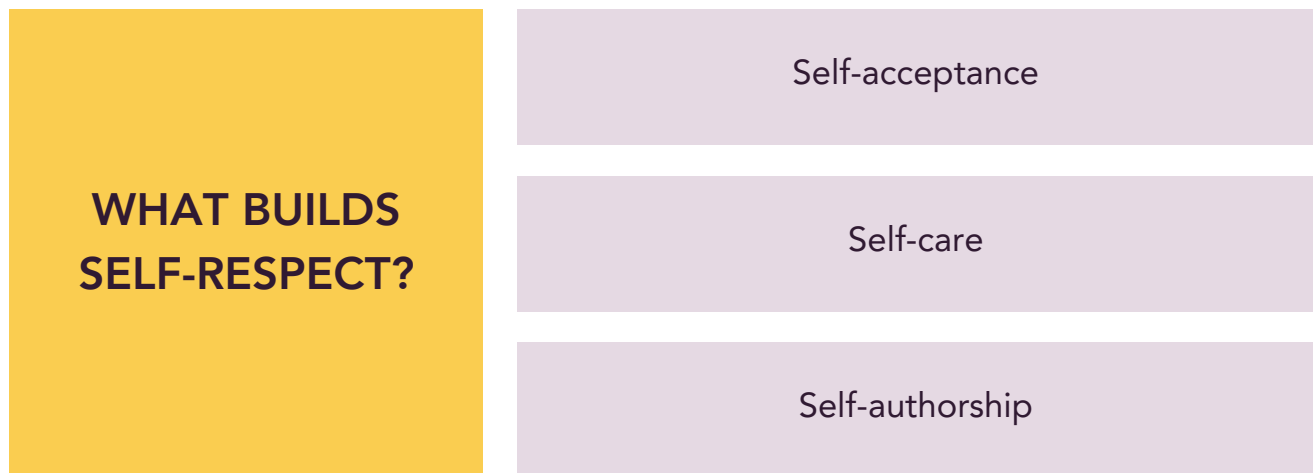
You can also choose to answer the self-reflective questions through 'flow writing'. Set a timer for 5-10 minutes and write without judgement or corrections. Think of it like a tap that opens at time zero, then closes when the buzzer sounds.

Let's get started!

What does your overall score mean?

My research found self-respect requires 3 building blocks:

1. Self-acceptance through self-awareness and self-reflection
2. Self-care through understanding and communication boundaries
3. Self-authorship through your choices and being accountable



The quiz is made up of questions that cover these three areas with your overall score representing your estimated levels of self-respect.

Let's now dive into each of these three areas so you can

- Gain a better understanding of your result and
- Know which area needs your immediate attention and effort.

Why is self-acceptance important?

There is a great saying: Work hard at your job and you'll make a living, work hard on yourself and you'll make a fortune.

The truth is, it's a lot easier (and comfortable) to spend time learning about others than it is to turn the questions onto ourselves. We're hardwired to self-protect. Problem is by avoiding facing our unpleasant truths, we end up staying comfortable with and accepting our status quo.

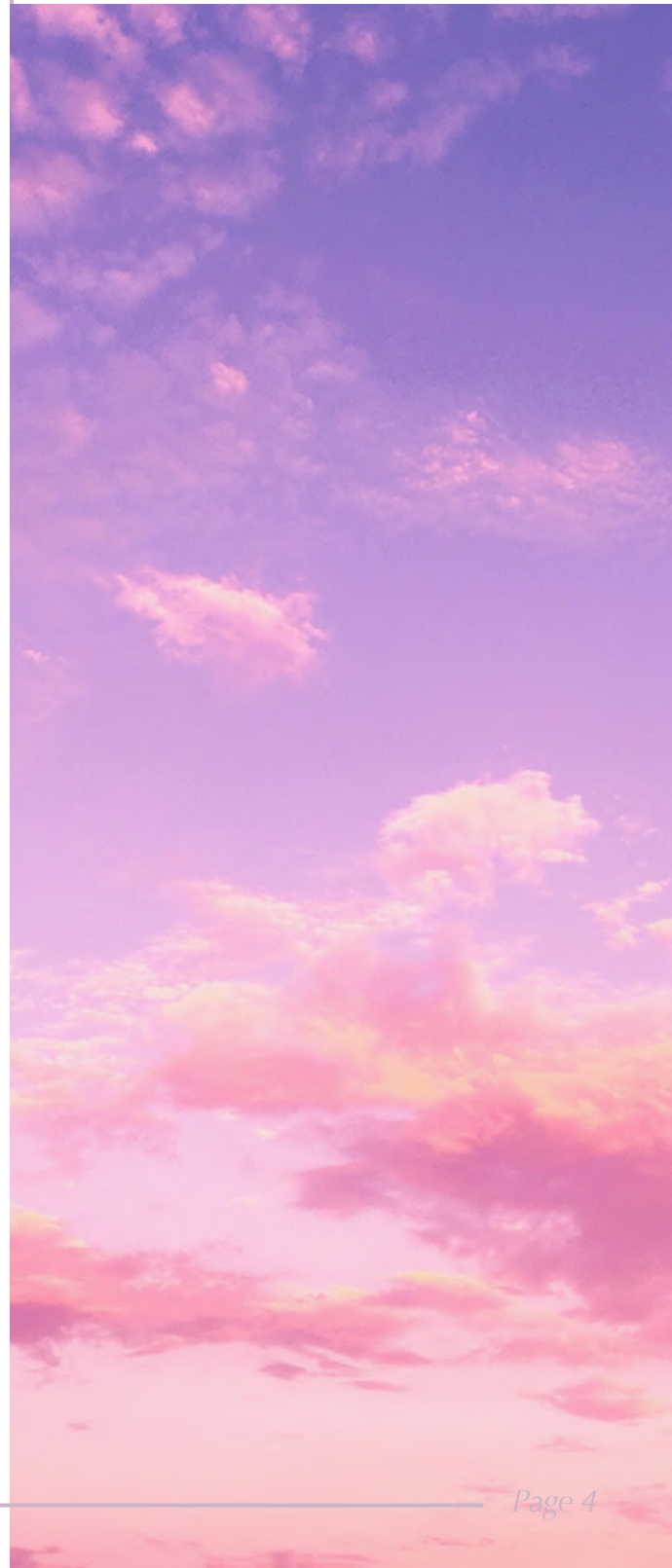
Understanding who we are is perhaps the most critical of all of the building blocks. For example we need to first understand why we don't prioritise ourselves before we can do anything to improve our self-care behaviours

But the best reward of self-understanding is the ability to truly, fully and deeply accept ourselves, without hesitation, conditions or apologies.

Spending time to better understand yourself (as you are already doing right now) is like watching a black and white movie that changes into full colour. It's the exact same movie, but your experience of it completely changes.

And that's what self-acceptance does for us in our lives: the world around us doesn't change, but our perception of it does, and new possibilities emerge.

SELF- ACCEPTANCE



My research found that self-acceptance requires a person to be able to:

BE SELF-AWARE:

Looking inward to evaluate our thoughts and feelings in the present moment.

Benefits

- Improved regulation of uncomfortable emotions
- More controlled responses to our triggers
- Improved relationships

SELF-REFLECT:

Looking at past experiences to gain insight and understanding of who we are in the present.

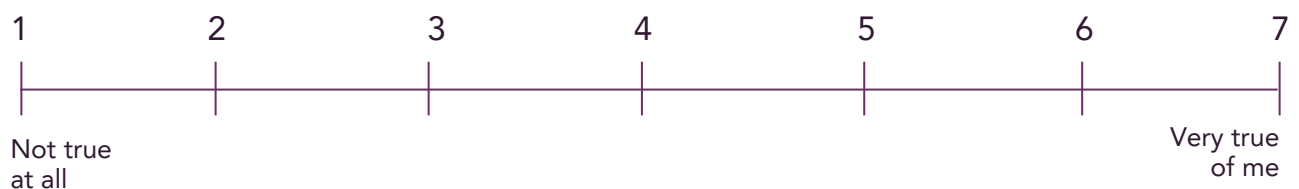
Benefits

- Improved ability to learn from mistakes
- Ability to identify unhelpful behaviour patterns
- Ability to identify limiting beliefs and biases

Rate how well you do in these areas by choosing the response that best reflects how you feel at this present moment.

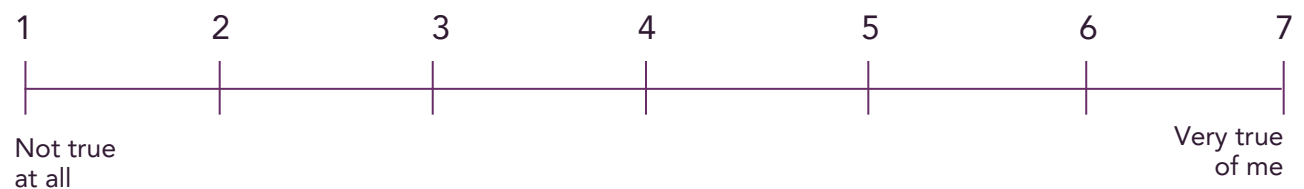
Self-awareness:

I can accurately describe how I'm feeling no matter how stressed or uncomfortable I feel.



Self-reflection:

I can easily identify a past experience and explain how it shaped the person I am today.



Some questions and thoughts for self-reflection:

1. How do you handle unexpected stress or challenging situations?
2. What is one thing you've learned about yourself in the past month?
3. The last time you made a mistake, what is something you learned about yourself that you'd like to improve?
4. The last time you made a mistake, what is something positive you learned about yourself?
5. What is the first thing that you notice when you look at yourself in the mirror? Something that you love or something that you dislike?
6. Finish this sentence: "What I believe about myself is _____".
7. What is the first word that comes to mind when you think about yourself?



SELF-CARE

What is self-care, really? And why is it important?

More often than not, we think of self-care as warm baths, cups of tea and a lazy day on the couch watching Netflix.

But let me ask you a question: Have you ever taking a day off and think “I need another day off from my day off?” because something still feels ‘off’?

I’m sure you can at least somewhat relate to this predicament. The question is why? It’s because this approach only tackles the ‘care’, not the ‘self’. Meaning, sure your body might feel rested, and perhaps even your levels of stress have come down, but there is something still lingering underneath.

Based on hundreds of conversations I’ve had in the past, this happens because we are trying to keep the peace - whether that’s with a friend who is taking advantage, or a family member that just won’t leave you alone to make a decision for yourself.

But keeping the peace only does one thing: it keeps the tension. That’s why self-care is actually a question: What is it that I need to do to feel more like myself?

More often than not, it’s having a hard conversation, doing a hard thing or making a hard decision. Because only then, do you not only get rid of the tension, you get back in control of your inner peace.

My research found that standing up for yourself requires a person to be able to:

BOUNDARIES:

Implement boundaries (communicate what's ok and what's not ok) in our personal, professional and online relationships.

Benefits

- Improved self-worth
- More respectful and balanced relationships
- Prevention of burnout

SELF-CARE:

Prioritise, protect and take care of our physical, mental and emotional wellbeing.

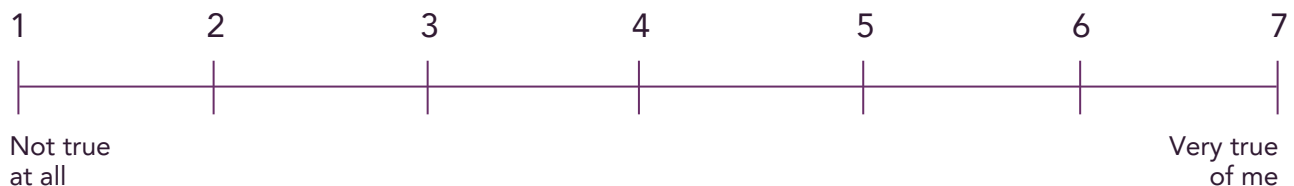
Benefits

- Improved resilience
- Reduced stress
- Improved immune function (thus less sick days)

Rate how well you do in these areas by choosing the response that best reflects how you feel at this present moment.

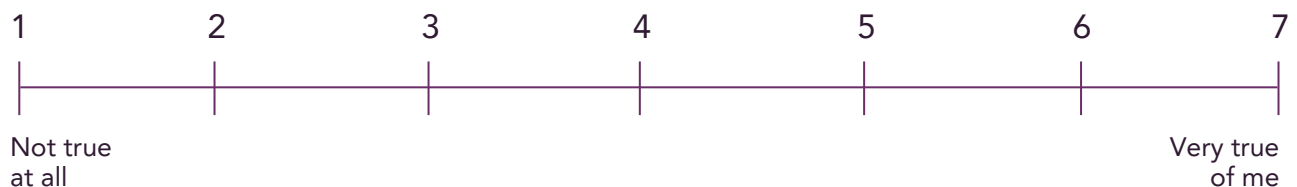
Boundaries:

I'm able to voice my opinion of something I don't agree with, no matter how nervous or uncomfortable I feel.



Self-Care:

No matter how busy or stressed I get, I make sure that I take care of myself.



Some questions and thoughts for self-reflection:

BOUNDARIES

1. Who do you most need to set boundaries with? (Make a list, if needed.)
2. Where do you need to set boundaries with yourself? (i.e. limiting Netflix to 2 hours so you get to sleep on time).
3. What are the biggest things that stop you from setting and holding boundaries?

SELF-CARE

Think about the last time you felt run down, overwhelmed or just downright exhausted.

1. What was going on for you at the time? Think about your responsibilities and relationships.
2. What did it feel like to be you at that time? (Sad, frustrated, angry, disappointed, unsure...). Be as descriptive as you can.
3. What thought was running through your mind, perhaps on repeat? (This will never get better, I'll never get ahead, no one will ever truly love me)...
4. Did you take actions to improve the situation? Why or why not?

SELF-AUTHORSHIP

What does self-authorship mean and why is it important?

Self-authorship is being true to oneself by aligning our thoughts, beliefs, values, choices and actions with who we genuinely are, rather than conforming to external expectations from our friends and family or societal pressures.

When we stay true to ourselves, we cultivate a profound understanding of our individuality, recognising our strengths, weaknesses, passions, and dreams. We're able to unleash our creative side and dare to think beyond the confines of perceived expectations and free our minds from the limitations of conformity.

Embracing who we truly are empowers us to make choices and decisions that resonate with our innermost desires and aspirations, so we can feel good and live a truly fulfilling and purposeful life.

However when we veer away from our authentic selves to fit into societal molds or to seek external validation, we risk:

- Losing respect from others
- Being a pushover
- Being used and taken advantage of
- Feeling isolated and powerless
- Feeling inadequate, weak and incompetent



My research found that self-authorship requires a person to be able to:

MAKE INDEPENDENT CHOICES:

Decide on a course of action without relying on external opinions or expectations.

Benefits

- Improved creativity and innovation
- Strengthened leadership and influence
- A sense of inner satisfaction and power

BEING ACCOUNTABLE:

Take responsibility for their actions and choices and make things right.

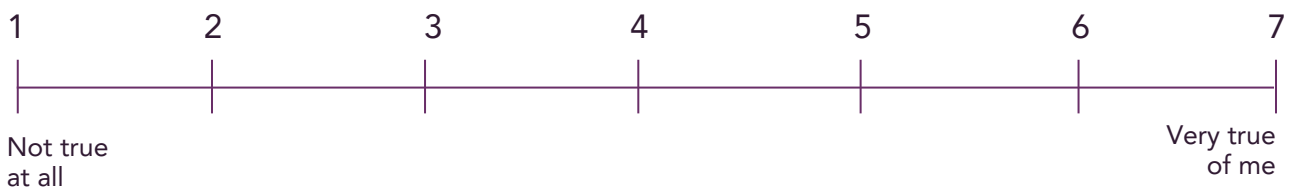
Benefits

- Increased trustworthiness and credibility
- More confident decision making
- Improved relationships

Rate how well you do in these areas by choosing the response that best reflects how you feel at this present moment

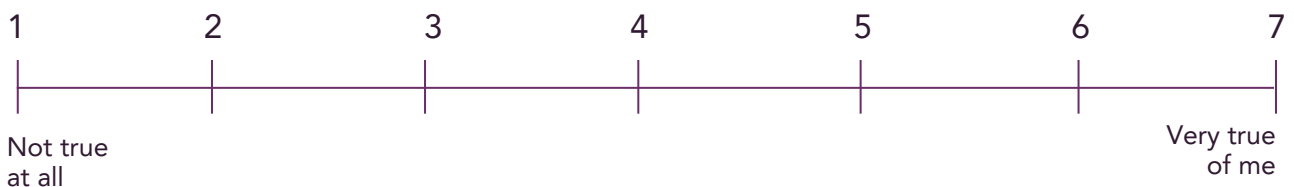
Independent choices:

I am living a life that reflects my unique goals and aspirations.



Accountability:

I take accountability for my mistakes, no matter how big or small they are.



Some questions and thoughts for self-reflection:

INDEPENDENT CHOICES

1. Do you feel *genuinely* fulfilled and satisfied with the life you currently live? Why or why not?
2. Do you ever feel angry that you cannot control your life's direction?
3. Are you living according to your own or someone else's expectations?

ACCOUNTABILITY

1. What are the life areas where you feel you could take more ownership and be more accountable?

For example:

- *Consistently being passed over for a promotion*
 - *Your business's bottom line not improving each month*
 - *Being ghosted after a few dates with people you really like and get along with*
2. When you see someone you admire on socials reach a goal, do you feel excited or jealous of their success?
 3. How do you approach feedback and constructive criticism?

Putting it **all together...**

1. Which area do you think is your strongest? And why?
2. Which area do you think is your area that has room for the most improvement? And why?
3. Read through the 7 non-negotiables for Self-Respect (page 15). Which one would help you make the biggest improvement in your life? (Hint: It's often the one you don't want to do)

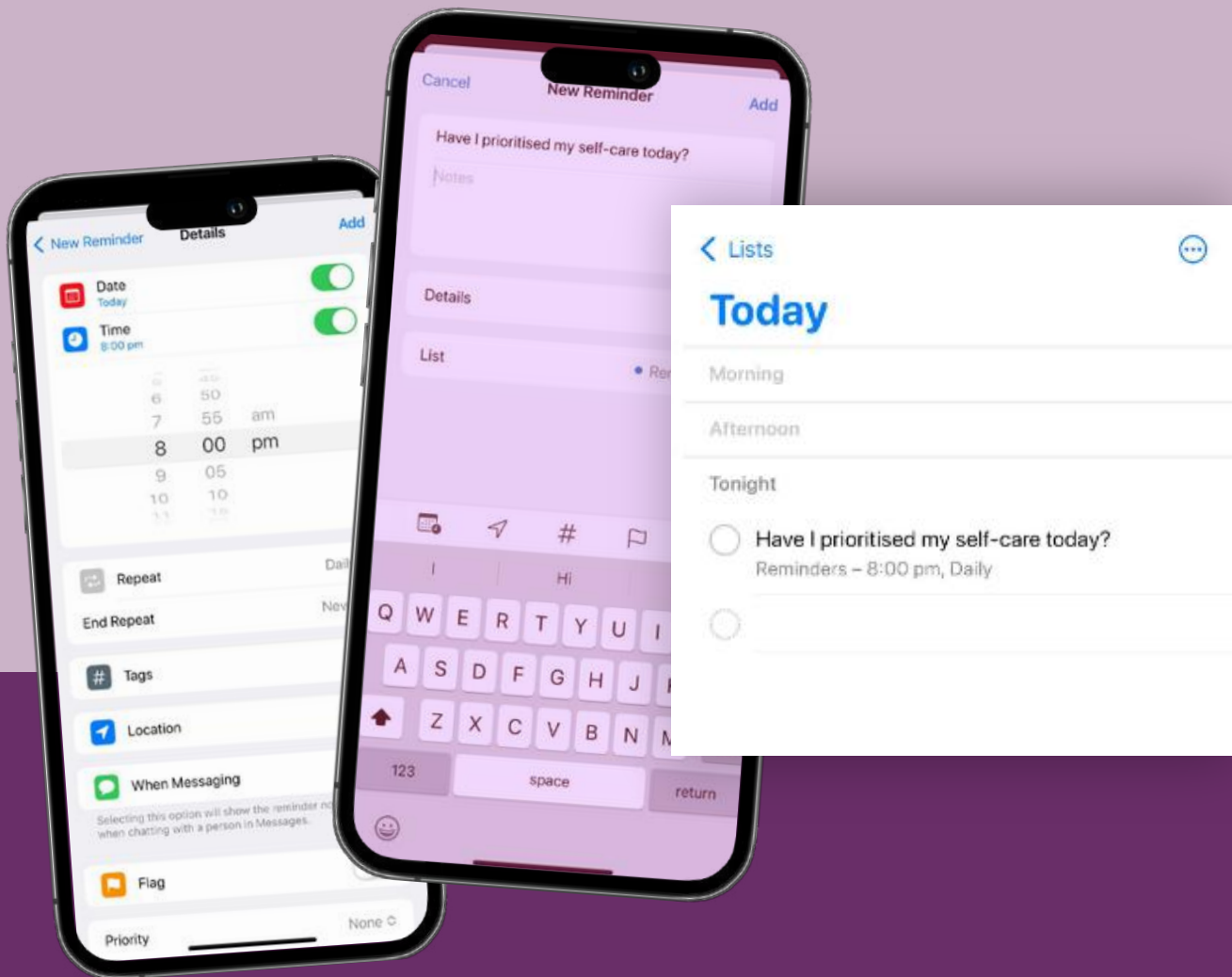


Here's your 7-day challenge:

Focus on your chosen non-negotiable for the next 7 days by asking yourself what actions can I take every single day to improve [your selected area]?

Examples:

- Put a post-it note on your bedside table that asks *"what do I need right now to have a day that I feel proud of?"* - commit to it each morning.
- Identify one of your strengths and set a goal to use it each day. I love to make people (and dogs) smile - so I always smile at someone every single day and generally, they smile back.
- Have a conversation with someone you respect and trust and ask them, what is something that I could improve on? (Remember - don't let your ego get in the way of your personal growth).



QUICK TIP:

Every mobile phone has a **reminder's app**.

You can add your action and set it so it reminds you each day at your chosen time for 7 days.

This way, your target area will be front of mind for you to explore and improve.

The Seven Non-Negotiables for Self-Respect

1 Set and respect your boundaries

Honour your needs and values by clearly communicating and upholding your boundaries.

2 Prioritise self-care

Check-in with yourself and ask yourself: what do I need to do to feel more like me?

3 Embrace your uniqueness

Life is much more fun without a mask on. You won't be everyone's cup of tea, and that's ok.

4 Live your own life

Make courageous choices towards your unique dreams. If things don't go your way, be accountable and make things right.

5 Challenge yourself

Embrace and accept who you are, but always challenge yourself to rise to new levels of being and doing.

6 Be proud

The most important opinion you need to care about is the one you have of yourself.

5 Let go

Learn from your past, but remember that your history does not predict your destiny.

What are the **Self-Respect** Zones?

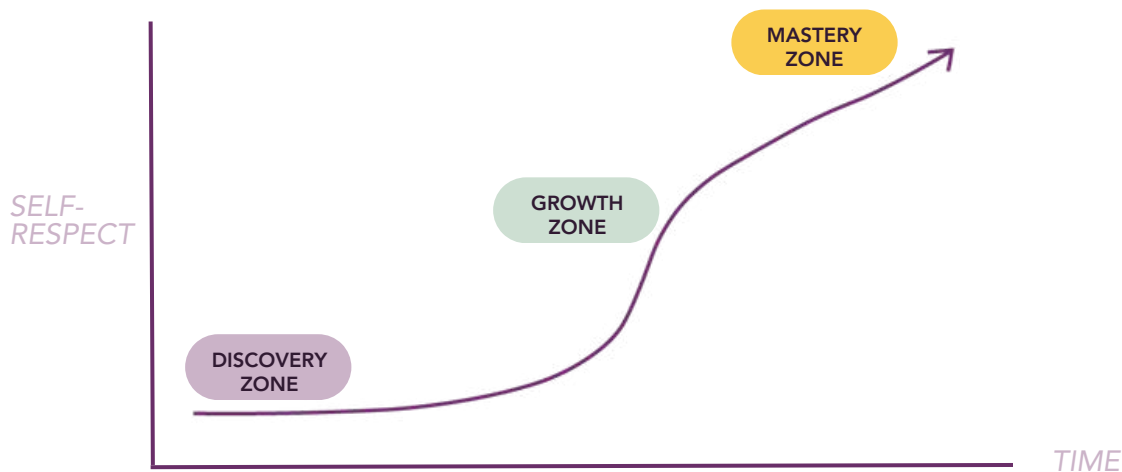
The **Self-Respect Zones** are a way to better understand what stage of the journey you are in when it comes to building your self-respect.

Think of these stages like when you're learning something new.

When you're first starting out, you have a lot to discover. After you get the hang of things you're able to learn a bit faster, therefore you start to 'grow'.

After you've done things for a while, you start to do things 'right' without even thinking of it.

It's simply a journey of self-awareness and learning – helping you get a snapshot of where you're at, and areas of opportunity.



Discovery zone: This is an incredibly exciting stage! It's the start of a personal journey towards understanding how self-respect can radically improve how you see yourself and the world around you.

Growth Zone: This is the stage where you think "I feel like I've changed for better, and am excited to continue to learn more and grow".

Mastery Zone: By now, even though you might not feel like a 'master' as there are areas of improvement, you're starting to recognise who you truly are and why you are here. You start seeing possibility, not probability.



ABOUT ME

Dr Katherine Iscoe is a keynote speaker, author, board member, academic mentor, and a summa cum laude graduate with multiple scholarships and awards. Despite these achievements, Katherine struggled with feelings of being an imposter for several years, attributing her success to mere luck rather than recognising the effort she had put in. Additionally, she endured a hidden battle with a debilitating eating disorder for over a decade, persevering through severe depression and thoughts of suicide.

It is precisely these deeply personal experiences that have shaped Katherine's recent research focus: the inseparable connection between self-respect and self-leadership. Her findings reveal that while self-esteem and confidence are undeniably vital, it is self-respect that serves as the authentic bedrock for personal and professional growth among emerging and established leaders alike.

Through her compelling work, Katherine seeks to inspire individuals to embrace, honour, and nurture themselves, empowering them to live, love, and lead with unwavering passion and tenacity, free from apology or hesitation.

Work with me:

[**VIEW KEYNOTE**](#)

I'd love to create some magic with you!

Lessons & Laughs

Have you signed up for my weekly dose of aha's and haha's?

I take great pride in writing my weekly emails where I go deep to share a meaningful lesson but always keep things light - because like Charlie Chaplin said: Laughter is the tonic, the relief, the surcease from pain.

[**SIGN UP**](#)

DISCLAIMER

Dr Katherine's Self-Respect Quiz and its associated content are offered solely for entertainment, educational, and informational purposes. The results of this quiz should not be considered as a conclusive assessment of an individual's levels of self-respect.

This quiz is not intended to replace professional advice, diagnosis, or treatment from qualified psychologists, educators, counsellors, or healthcare professionals. It is always advisable to seek the guidance of a qualified professional for any questions or concerns you may have regarding self-respect, personal growth, mental health, or any other related matter.

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