

Do you have the Kind Girl Bullseye?



RATE THE FOLLOWING FROM 1 - 10

What percent of your relationships are you more the giver?

10% 1 2 3 4 5 6 7 8 9 10 100%

—————→

To what degree are other people's thoughts about you important to you?

NOT IMPORTANT 1 2 3 4 5 6 7 8 9 10 VERY IMPORTANT

—————→

How much time, energy, and money do you spend on yourself in comparison to others?

SIMILAR AMOUNT 1 2 3 4 5 6 7 8 9 10 VERY LITTLE

—————→

To what degree is your inner voice critical and judgmental of yourself?

NICE TO SELF 1 2 3 4 5 6 7 8 9 10 VERY JUDGMENTAL

—————→

How important do you feel it is to serve others?

NOT IMPORTANT 1 2 3 4 5 6 7 8 9 10 VERY IMPORTANT

—————→

How often do you withhold you true thoughts, desires, and preferences?

NOT OFTEN 1 2 3 4 5 6 7 8 9 10 VERY OFTEN

—————→

When you hear the word "boundaries" what is your automatic reaction?

LIKE IT 1 2 3 4 5 6 7 8 9 10 DON'T LIKE IT AT ALL

—————→

When you hear the phrase "It is important to love yourself" what is your automatic reaction?

THAT'S HEALTHY 1 2 3 4 5 6 7 8 9 10 THAT'S SELFISH

—————→

How easy is it for you to rest without guilt?

LIKE IT 1 2 3 4 5 6 7 8 9 10 DON'T LIKE IT AT ALL

—————→

How healthy is your body?

VERY HEALTHY 1 2 3 4 5 6 7 8 9 10 STRUGGLE REGULARLY

—————→

AFTER ADDING UP THE NUMBERS, IF YOUR TOTAL IS OVER 50, YOU HAVE A LARGER POTENTIAL FOR A KIND GIRL BULLSEYE.

Kind Girl Bullseye **Explained.**



Kindness can be a marvelous trait but can also be a setup for destruction, unhappiness, and pain.

The higher the number of your bullseye (anything over 50), the more giant the bullseye, which means that more selfish and narcissistic people will naturally be drawn to you.

The Kind Girl Bullseye shows up when we have poor boundaries, regularly do not consider our needs and wants, and have an overall lack of self-respect and love. Exposure to destructive relationships has far-reaching consequences on our physical and mental health and in the lives of our children. I was one of them, with a massive Kind Girl Bullseye. I am still Kind, but I no longer have the Bullseye.

To rid yourself of the Kind Girl Bullseye, try:

Unravel Notebook

The podcast Live Brighter with Tara

Coaching Program