



RADICAL SELF-LOVE ASSESSMENT

Are You Leading with Radical Self-Love?

An Empowering Self-Assessment for Black Women Entrepreneurs

BY LINETTE COTTRELL
WOMEN OF COLOR IN BUSINESS PODCAST



WELCOME QUEEN!

As a Black woman entrepreneur, you carry brilliance, legacy, and responsibility — often all at once.

This self-assessment is here to help you pause, reflect, and realign with your deepest truth:
You are worthy as you are!

Take a few moments to check in with your relationship to radical self-love in your business and beyond.

Circle your answers. Tally your score. Then, get personalized insights and your next step to rise in love with yourself and your vision.



Hi, Sis! As a fellow Black woman entrepreneur, dream-builder, and believer in the power of radical self-love, I created this assessment because I know firsthand how easy it is to lose yourself while building something meant to set you free.

For too long, I wore the hustle as a badge of honor—until I realized that success without self-love isn't sustainable. That realization led me to create the Women of Color in Business Podcast, a space for honest conversations about navigating entrepreneurship while honoring our full selves.

This assessment is an extension of that mission—a space for you to pause, reflect, and reconnect with the truth that you are already enough. You don't have to sacrifice your peace to build your purpose. As a writer, I view everything I do in service of Black women entrepreneurs as a privilege and a love letter from my heart.

I hope you can feel the love in the work presented here.

BE WELL!

Linette Cottrell

Section 1 - Worthiness



Do you feel grounded in your worth regardless of your business results?

- Always
- Often
- Sometimes
- Rarely

Do you find yourself over-delivering to prove your value?

- Never
- Occasionally
- Often
- Always

Do you believe you are worthy of support and ease in your business?

- Always
- Often
- Sometimes
- Rarely

Do you attach your self-worth to productivity or “hustle”?

- Never
- Occasionally
- Often
- Always

Section 2 - Boundaries & Belongings



Can you say “no” without guilt when something doesn’t align with your peace or purpose?

- Always
- Often
- Sometimes
- Rarely

Do you surround yourself with people who affirm and honor your growth?

- Always
- Often
- Sometimes
- Rarely

Do you feel safe being your full, authentic self in business spaces?

- Always
- Often
- Sometimes
- Rarely

Do you often feel isolated or like you have to do it all yourself?

- Never
- Occasionally
- Often
- Always

Section 3 - Body & Wellness



Do you give your body the rest, nourishment, and care it deserves?

- Always
- Often
- Sometimes
- Rarely

Can you hear your body's "yes" and "no"?

- Always
- Often
- Sometimes
- Rarely

Do you honor your emotional cycles instead of suppressing them?

- Always
- Often
- Sometimes
- Rarely

Do you feel at home in your body while leading your business?

- Always
- Often
- Sometimes
- Rarely

Scoring & Results



Score Key:

Give each answer points:

- Always = 3
- Often = 2
- Sometimes = 1
- Rarely or Never = 0

0–12 Points:

Self-Love Awakening

You're at the beginning of a powerful journey. Let's reconnect you to the truth of your worth and begin healing the hustle.

13–24 Points:

In the Bloom

You're tending to your worth and practicing love, but you might still be compromising in hidden ways. Let's nourish the gaps together.

25–36 Points:

Fully Rooted Queen

You're embodying self-love in bold, beautiful ways. Keep nurturing it — and lead others with your light.

Ready?



Ready to Bloom Deeper?

Book your Radical Self-Love
Alignment Call or explore the DIY
course which addresses:

- Acknowledged Worth
- Sacred Boundaries
- Sacred Rest
- Embracing Black Joy

LINKS:

COURSES

YOUTUBE



a poem for my Sisters

I HOPE YOU CHOOSE TO THRIVE

by Linette Cottrell

I hope you choose to Thrive
Leaving behind those old songs
That only served to make you cry
And reminisce
Past failures
Past losses

I hope you choose to Thrive
And change your playlist
To Champion songs
Of prosperity, abundance, possibility
Songs that encourage you
To Believe

I hope you choose to Thrive
And dare to be uncomfortable
Standing tall in those unfamiliar spaces
Declaring boldly,
“This moment is working
For my highest good
Despite appearances!”

And as you step bravely forward
Into what seems un-possible
Your natural swagger
Will erupt, expressing
The confidence of your soul
The certainty of your worthiness
Authenticating
How good
Thriving looks
On you!

-Linette Cottrell



BONUS: Invitation to Free Black Women Blooming (BWB) Group

Sis, if this resonates with you and you want to go deeper, I invite you to join my bimonthly group on Wednesdays 3-4pm EST, where black women entrepreneurs gather and grow together!

[JOIN BWB](#)

WOCIB

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