

SELF ESTEEM CHECK-UP

Directions: Rate from 0 to 10 how much you believe each statement.
"0" means you do not believe it at all and "10" means you completely believe it

Statement	Rating
1. I believe in myself	_____
2. I am just as valuable as other people	_____
3. I would rather be me than someone else	_____
4. I am proud of my accomplishments	_____
5. I feel good when I get compliments	_____
6. I can handle criticism	_____
7. I am good at solving problems	_____
8. I love trying new things	_____
9. I respect myself	_____
10. I like the way I look	_____
11. I love myself even when others reject me	_____
12. I know my positive qualities	_____
13. I focus on my successes and not my failures	_____
14. I'm not afraid to make mistakes	_____
15. I am happy to be me	_____
Total Score	_____

Overall, how would you rate your self esteem on the following scale:

0 _____ 10

I completely
dislike who
I am

I completely
like who
I am

What would need to change in order for you to move up one point on the rating scale?
(For example, if you rated yourself a "5" what would need to happen for you to be at 6?)
