



Are you valuing yourself?

Taking a look at self esteem

Look at the following questions and take the time to think about each question carefully

1 Do you often find yourself saying "yes" even when you want to say no?

2 If someone close to you makes you feel worse about yourself, do you just laugh it off?

3 If you are feeling undervalued at work, do you tend to keep quiet?

4 Do you often find yourself making self deprecating jokes more than others?

5 Do you practice self-care?

6 Do you consider yourself a "people pleaser?"

7 Do you defend yourself when you feel your boundaries have been crossed?
