

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?
(i.e. For example, if you rated yourself a "6" what would need to happen for you to be at
a "7"?)

