SELF - ESTEEM CHECK - UP

Directions: Rate from 0 to 10 how much you believe each statement. “O” Means you do not believe it at all and “10” Means you completely believe in it.

Statement	**Rating**
1. I believe in myself	_____
2. I am just as valuable as other people	_____
3. I would rather be me then 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 made mistakes	_____
15. I am happy to be be	_____

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

0_____10

What would you 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”)

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