

Your Self-Esteem Check-Up

Directions: On a scale of 1 – 5, rate how much you believe each statement. “1” means you do not believe the statement at all and “5” indicates you completely believe it. Be sure to include the numbers (2, 3, and 4) as part of your 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 receive 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 am not afraid to make mistakes.
15. _____ I am happy to be me.

Add up your total number of points.

_____ **Your Total Score**

Self-Esteem Benchmarks

To determine your level of Self-Esteem, use the scale below to match your total points to the closest benchmark category.

- 15 points – Poor Self-Esteem
- 30 points – Low Self-Esteem
- 45 points – Moderate Self-Esteem
- 60 points – Good Self-Esteem
- 75 points – Exceptional Self-Esteem

Source: Modified Instrument