

How Well Do You Like Yourself?

How is your self-esteem? By answering the following statements truthfully, you can get a broad idea of how happy you are with yourself. Next to each statement put the number that reflects your feeling:

- 4 If the statement is totally true
- 3 If the statement is mostly true
- 2 If the statement is partly true
- 1 If the statement is hardly true
- 0 If the statement is not true at all

1. ___ I enjoy waking up in the morning.
2. ___ I'm usually in a good mood.
3. ___ Most people like me.
4. ___ When I look in the mirror, I like what I see.
5. ___ If I were a member of the opposite sex, I would find me attractive.
6. ___ I'm intelligent.
7. ___ I enjoy my work.
8. ___ There aren't very many things about myself I'm ashamed of.
9. ___ I feel comfortable about the number of my friendships.
10. ___ I have plenty of energy.
11. ___ I'm basically an optimistic person.
12. ___ I can laugh at my mistakes.
13. ___ If I could live my life over, there isn't much I'd change.
14. ___ I'm an interesting person.
15. ___ I'm happy with my personal relationships.
16. ___ I'm still growing and changing.
17. ___ Other people care about me.
18. ___ There's nobody quite like me.
19. ___ There's not much I'd change about my appearance.
20. ___ I'm a kind person.
21. ___ I don't have many regrets about my life.
22. ___ The people I care about value my opinions.
23. ___ I'm not afraid to express my feelings.
24. ___ If there really was a heaven, I'd go there after I die.
25. ___ I feel comfortable in a conversation.
26. ___ I can make my life whatever I want.
27. ___ There aren't many people I'd trade places with.
28. ___ I've led an interesting life.
29. ___ Nothing is too good for me.
30. ___ I like where I live.

How do you rate?

- 120 – 95 High Self-Esteem
- 94-70 Moderately High Self-Esteem
- 69-45 Average Self-Esteem
- 44-20 Moderately Low Self-Esteem
- 19-0 Low Self-Esteem