

Self-Esteem Check-In

Directions: Rate for 0 to 10 how much you believe each statement. 0 meaning you don't believe it at all, 10 meaning you believe it completely.

Statement	Rating
I believe in myself	_____
I am just as valuable as other people	_____
I would rather be me than someone else	_____
I am proud of my accomplishments	_____
I feel good when I get compliments	_____
I can handle criticism	_____
I am good at solving problems	_____
I love trying new things	_____
I respect myself	_____
I like the way I look	_____
I love myself even when others reject me	_____
I know my positive qualities	_____
I focus on my successes and not my failures	_____
I'm not afraid to make mistakes	_____
I am happy to be me	_____

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

0 _____ 10
I completely dislike who I am I completely dislike who I am

What would need to change in order for you to move up the rating scale?

