

It's Your Move!

Add up all the numbers you wrote in the boxes. Write the total here: _____.
See where your total places you on the Self-Image Scale.

SELF-IMAGE SCALE

100	Very Positive Self-Image
95	
90	
85	Positive Self-Image
80	
75	
70	
65	
60	Negative Self-Image
55	
50	
45	
40	Very Negative Self-Image
35	
30	
25	
20	