

2 Minute Self-Esteem Assessment

Simply read the statements and rate how much you believe each statement from 1-5. 0 is the lowest rating and 5 is the highest. Rating a statement with a 5 means that you think the statement is completely true. If you give the statement a rating of 0, this means that you completely do not believe the statement.

	<u>Rating</u>
1. I have pride in who I am and what I do.	_____
2. When I look at my eyes in the mirror, I feel good about myself.	_____
3. I feel like I have done well in my life.	_____
4. I would rather be me than someone else.	_____
5. I respect myself.	_____
6. I like being me.	_____
7. I like myself, even when others reject me.	_____
8. Overall, I am pleased with how I am developing as a person.	_____
9. I am a good friend and people like to be with me.	_____
10. I love and support myself, regardless of what happens.	_____
11. I can laugh at myself.	_____
12. I continue to grow personally.	_____
13. I feel confident about my abilities.	_____
14. I am a good and worthwhile person.	_____
15. I am as valuable a person as anyone else.	_____
16. Overall, I make good decisions.	_____
17. I am comfortable in expressing my thoughts and feelings.	_____
18. I like my body.	_____
19. I handle difficult situations well.	_____

2 Minute Self-Esteem Assessment

How Did You Do?

0 ← ----- → 100

0= Very Low Self-Esteem

100=High Self-Esteem

Notes

