

Name: _____

Date: _____

Per: _____

How well do you like yourself survey?

4	totally true
3	mostly true
2	partly true
1	hardly true
0	not at all true

___ I enjoy waking up in the morning

___ I'm usually in a good mood

___ Most people like me

___ When I look in the mirror, I like what I see

___ I feel I am an attractive person

___ There aren't many things about myself that I'm ashamed of.

___ I feel strengthened by my religious beliefs.

___ I don't have many regrets about my life.

___ I feel comfortable about the number of friendships I have.

___ I'm basically an optimistic (positive) person.

___ If I could live my life over, there isn't much I'd change.

___ I can laugh at my mistakes.

___ I can make my life whatever I want.

___ I'm still growing and changing.

___ Other people care about me.

___ There's nobody quite like me.

___ There's not much I'd change about myself.

___ I love where I live.

___ The people I care about value my opinions.

___ I have plenty of energy.

___ I'm intelligent.

___ I enjoy my work. (or school)

___ I'm not afraid to express my feelings.

___ I feel comfortable in a conversation.

___ I've led an interesting life so far.

___ There aren't many people I'd trade places with.

___ Nothing is too good for me, I deserve the best.

___ I'm happy with where I've chosen to set my sexual limits. (how far you'd go on a date)

Add up your score and circle your range below:

TOTAL: _____

105 +

Were you really being honest?! You have exceptionally high self-esteem

96 - 104

You have really high self-esteem

72 - 95

You like yourself but you still need to continue to work on your self-esteem

48 - 71

You have mixed feelings about yourself

Steps to Improving Self-Esteem:

- Get up everyday and say "It's a great day"
- Choose to enjoy life
- Like yourself, just the way you are (don't judge yourself)
- Put yourself up ***** (positive self-talk)*****
- Put those around you up
- Laugh and enjoy life
- Think positive every night just before sleeping
- Choose to have a positive attitude
- Take risks
- Baby step out of your shyness!
- Don't compare yourself to others!!
(See your good points)
- BE THE BEST YOU CAN BE!!
- Believe in yourself!

If you want to improve your self-esteem, here are some more steps to start empowering yourself:

- . **Try to stop thinking negative thoughts about yourself.**
- . **Aim for accomplishments rather than perfection.** Don't be paralyzed by perfection!
- . **View mistakes as learning opportunities.**
- . **Try new things.**
- . **Recognize what you can change and what you can't.**
- . **Set goals.**
- . **Take pride in your opinions and ideas.** Don't be afraid to voice them.
- . **Make a contribution.** Volunteer, tutor a classmate, help your community
- . **Exercise!** You'll relieve stress, and be healthier and happier.

5 Ways to Shake Shyness

It's perfectly OK to take time to warm up to new people and situations. But shyness blocks some people from being as comfortable or sociable as they'd like to be.

- 1. Start small with people you know.** Practice eye contact, confident body language, introductions, small talk, and asking questions. Then branch out to do this with new people too.
- 2. Think of some conversation starters.**
- 3. Rehearse what to say.**
- 4. Give yourself a chance.** Find group activities where you can be with people who share your interests.
- 5. Develop your assertiveness.** Speak up for yourself, ask for what you want or need, or tell others when they're stepping on your toes.

. **Have fun.** Remember - Time out!