

K.4.S2.A.1

What Do I Think about Myself?



Check one column for each of the following statements:

	Most of the Time	Sometimes	Almost Never
1. I keep trying.			
2. I am important to family and friends.			
3. I like what I do.			
4. I get along well with others.			
5. I help others to be their best.			
6. I take responsibility for my actions.			
7. I am important.			
8. I know what I do best.			
9. I believe in myself.			
10. People listen to me.			
11. I listen to others.			
12. I use positive self-talk.			
13. The future looks bright.			
14. I plan for the future.			
15. I am a good friend.			
16. I accept compliments with a "thank you."			
17. I can give sincere compliments to others.			
18. I enjoy getting up in the morning.			
19. Other people care about me.			
20. I do my best.			
21. I am a unique person.			
22. I express myself to others.			
23. I deserve the best.			
24. I can forgive myself.			
25. I am an attractive person.			

Give yourself:

3 points for every check in the Most of the Time column

2 points for every check in the Sometimes column

1 point for every check in the Almost Never column

Scores:

60-75 Keep it up!

47-60 You're on the right track toward positive self-esteem.

25-46 You might want to talk to someone you trust, about ways to improve your self-esteem.