



# Self-Esteem Assessment

**Examine the following statements and indicate to what degree you agree with them.**

*5 - strongly agree*

*4 - agree*

*3 - somewhat agree*

*2 - disagree*

*1 - strongly disagree*

\_\_\_ I feel that I have value as a person. I'm equal to others.

\_\_\_ I have many good and attractive qualities.

\_\_\_ I take a positive attitude towards myself.

\_\_\_ Overall, I feel satisfied with myself.

\_\_\_ I feel I have reasons to be proud of myself.

\_\_\_ My abilities are on par with others – I can do things well.

\_\_\_ There are things I appreciate about myself.

\_\_\_ I am able to say “no” with confidence.

- \_\_\_\_\_ I view myself as a leader, rather than a follower.
- \_\_\_\_\_ How I feel about myself is more important than what others think about me.
- \_\_\_\_\_ I am certain that people who are closest to me like, love, and care about me.
- \_\_\_\_\_ I feel my life has purpose and direction

*(Adapted from Rosenberg Self-Esteem Scale)*

## Scoring

Calculate your **Self-Esteem Assessment Score** by adding each rating.

- **39-55** – Your self-esteem seems solid enough – keep it up.
- **38-24** – Your self-esteem is seriously low – let’s talk.
- **23 & below** – You’re critically underestimating yourself – let’s work together.

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