

# Self Esteem Worksheet

## Champion Mission Pages

### TEEN SELF-ESTEEM AWARENESS INVENTORY (10 points)

Rate yourself on a scale of 0-4 for each statement as to your current feelings and behaviors.

0 = I **NEVER** feel or behave that way

1 = I **RARELY** feel or behave that way (25% of the time)

2 = I **SOMETIMES** feel or behave that way (50% of the time)

3 = I **USUALLY** feel or behave that way (75% of the time)

4 = I **ALWAYS** feel or behave that way

- \_\_\_\_\_ 1. My feelings about myself are dependent on other people's opinions.
- \_\_\_\_\_ 2. I get my feelings hurt easily.
- \_\_\_\_\_ 3. I find it difficult to be myself when someone popular is near me.
- \_\_\_\_\_ 4. I feel uncomfortable if my friends know that I make good grades or am proud of my achievements.
- \_\_\_\_\_ 5. I find it difficult to say no when my friends want to do something of which adults would not approve.
- \_\_\_\_\_ 6. I do not like to be alone.
- \_\_\_\_\_ 7. I see people's faults before I see their good points.
- \_\_\_\_\_ 8. I say positive, kind things to myself in my mind with my self-talk.
- \_\_\_\_\_ 9. I feel my own feelings and think my own thoughts, even when those around me think or feel differently.
- \_\_\_\_\_ 10. I am a good person, even when I make mistakes or behave badly.
- \_\_\_\_\_ 11. I am of equal value to all other people. I am not "better than" or "less than" anyone else.
- \_\_\_\_\_ 12. I forgive myself and others for making mistakes and being unaware.
- \_\_\_\_\_ 13. I accept responsibility for my choices both wise and unwise, and willingly accept the consequences.
- \_\_\_\_\_ 14. I develop my interests and use my talents.
- \_\_\_\_\_ 15. I choose to love and respect every human being, including myself.