

Name _____ Date _____

SELF-ESTEEM SURVEY

INSTRUCTIONS: Read each statement below. Put an "X" in the appropriate box for each statement.

| SELF-STATEMENTS | Often | Sometimes | Rarely |
|---|-------|-----------|--------|
| 1. I learn new things easily. | | | |
| 2. I am good at things that require physical skill. | | | |
| 3. I get along well with others. | | | |
| 4. I get my schoolwork done on time. | | | |
| 5. I have a good sense of humor. | | | |
| 6. I am happy with the way I look. | | | |
| 7. I control my temper. | | | |
| 8. I make other people smile. | | | |
| 9. I remember what I have learned. | | | |
| 10. I like to help others. | | | |
| 11. I make friends easily. | | | |