

**Self-Esteem Inventory**

**Directions:** Answer the questions to the best of your ability.

1. Think of at least three things you like about yourself.

1. Who are some of the people in your life who make you feel good about yourself and describe what they do to make you feel this way. Describe at least two.

2. Describe some of the things that you do or have done in the past that give you a sense of achievement or accomplishment.

4. Rate each of the following factors on a scale of 1 to 3 (1 being very weak and 3 being very strong) to represent how important you think these things are to your sense of positive self-esteem.

- |                               |                                     |
|-------------------------------|-------------------------------------|
| _____ Family's income         | _____ Neighborhood where we live    |
| _____ Challenging I work      | _____ Friends I have                |
| _____ Grades I receive        | _____ Support of parents and family |
| _____ Care we take            | _____ Groups I live in              |
| _____ My personal skills      | _____ Activities I participate in   |
| _____ Doing things for others | _____ Other _____                   |