

Name: _____

Date: _____

SELF ESTEEM FOR ADULTS ASSESSMENT

Something I love doing is...	I think I am great at...
I would like to be great at...	In order to be great at (your answer before), I will...
My family thinks I'm great at...	Others think I'm great at...
My greatest skill / talent is...	I feel good about...
I admire myself for...	What I love most about myself is...
I've had success with...	My future goals include...
I'm confident that I'll achieve them because...	I'm / I'll be at peace when...