

## SELF ESTEEM CHECK-IN

Rate from 0 to 10 how much you believe each statement right now  
0 would mean that you do not believe it at all and 10 that you completely believe it.

Statement	Rating
I believe in myself	_____
I am just as valuable as other people	_____
I would rather be me than someone else	_____
I am proud of my accomplishments	_____
I feel good when I get compliments	_____
I can handle criticism	_____
I am good at solving problems	_____
I love to try new things	_____
I respect myself	_____
I like the way I look	_____
I love myself even when others reject me	_____
I know my positive qualities	_____
I focus on my successes and not my failures	_____
I am not afraid to make mistakes	_____

**Statement**

**Rating**

I am happy to be me

\_\_\_\_\_

I have control over my actions

\_\_\_\_\_

I feel good in my body

\_\_\_\_\_

I can easily bounce back when life shakes me

\_\_\_\_\_

A negative belief I have is that \_\_\_\_\_.

Moving forward I would like to believe that \_\_\_\_\_

\_\_\_\_\_.

I would like to feel differently about \_\_\_\_\_ and in

order to do that I need to \_\_\_\_\_

\_\_\_\_\_.

**Follow up:** Look at any score you have below 5 and just be curious about why that is?

What would you have to do differently to feel differently to raise that score?