



Self Esteem Checklist

Directions: Rate from 0 to 10 how much you believe each statement. "0" means you don't believe it at all and "10" means you completely believe it.

Statement *Rating*

- 1. I believe in myself _____
- 2. I am just as valuable as other people _____
- 3. I would rather be me than someone else _____
- 4. I am proud of my accomplishments _____
- 5. I feel good when I get compliments _____
- 6. I can handle criticism _____
- 7. I am good at solving problems _____
- 8. I love trying new things _____
- 9. I respect myself _____
- 10. I like the way I look _____
- 11. I love myself even when others reject me _____
- 12. I know my positive qualities _____
- 13. I focus on my successes and not my failures _____
- 14. I'm not afraid to make mistakes _____
- 15. I am happy to be me _____

Total Score

Overall, how would you rate your self esteem on the following scale:

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I completely dislike who I am

I completely like who I am

We invite you to think about 5 things that you are grateful for once a day, each day for one week and complete the Self Esteem Checklist again at the end of the week and see how your self esteem changes. We encourage you to continue this mindfulness practice to identify all of the positive aspects of your life and watch as your self esteem continues to improve.