



Self-Esteem Checklist

Mark "Yes" or "No" To All That Apply	YES	NO
1. I have several good qualities		
2. I have a lot to be proud of in my life		
3. I am a person of worth		
4. I am successful		
5. I am confident in my abilities		
6. I am pleased with my physical appearance		
7. I have a positive attitude towards myself		
8. I see the glass as half full		
9. I am friendly and comfortable with new people		
10. I know my strengths and my areas of need for improvement		
11. I make healthy decisions		
12. I have no fear of being rejected by other people		
13. I am comfortable making eye contact with others		
14. I believe I can handle anything		
15. I accept myself for who I am		
16. I feel that others respect and admire me		
17. I feel confident that I understand things		
18. I openly voice my opinions		
19. I like new and different situations		
20. I forgive myself for my mistakes		
21. I believe I deserve the best life has to offer		
22. I set aside time just for me		
23. I listen when criticized but don't take it personally		
24. I am comfortable around successful people		
25. I can express my feelings, both positive and negative		
26. I am a hard worker		
27. I finish what I begin		
28. I am good at figuring out solutions to my problems		
29. I am good at holding people's attention and interest		
30. I am self-confident in social situations		