



# Self Esteem Check Up

WORKSHEETS

Aspen Ergonomics & Wellness Solutions Inc. 2019

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## Self-Esteem Check Up

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Directions: Rate from 0-10 how much you believe each statement. 0 means you do not believe it all and 10 means you completely believe it.

Statement	Rate
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 learn from failures	_____
14. I am not afraid to make mistakes	_____
15. I am happy to be me	_____
16. I'm able to set healthy boundaries	_____
Total Score	_____

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

0 \_\_\_\_\_ 10  
I completely dislike who I am I completely like who I am

What would you need to change for you to move up one point on the rating scale? (ie. For example, if you rated yourself a 6 what would need to happen for you to be at a 7?)

**What my body does for ME:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What I love about my body:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What's Unique About ME:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What I can do to stay strong & healthy:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What are some of my limiting thoughts:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What can I do for ME:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What are my healthy boundaries:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

How do you feel about this list to this point? Were they easy to answer? As you write, are other thoughts coming to mind? Have other questions come up? Write those down and answer them too.

This is a great exercise in learning about yourself. We all know things about ourselves, and when we write them down, we get to see them and fully realize our true worth and what we may want to work on to enhance our own personal life.

Once you start to become aware of how your thoughts and actions create your life you are now better equipped to adjust your patterns and behaviors to better suite the person you truly are and items you want to change.

# My Strengths & Qualities

**Things I'm Good at:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Compliments I have received:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What I like about my appearance:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Challenges I have overcome:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**I've helped others by:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What are my standards:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**What I value the most:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**How do I want to grow:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

With this awareness are you able to see some patterns of behavior that may be holding you back?

Congratulations! You have taken steps most people wouldn't. For any of the items you would like to change, it's about creating a practice with mindfulness, being aware when they come up and learning to change them while it's happening. Yes, it takes practice, don't be hard on yourself, this a new learning process which many have changed their lives and you can too. I have faith in your ability to change for a healthier you!