

Self-Esteem Quiz



How well do you like yourself? Here is another way of looking at your self-esteem.

By answering the following statements truthfully, you can get a broad idea of how happy you are with yourself. Next to each statement, put a number that reflects your feeling.

4 if the statement is totally true

3 if it is mostly true

2 if it is partly true

1 if it is hardly true

0 if it is not true at all

_____ I enjoy waking up in the morning.

_____ I'm usually in a good mood.

_____ Most people like me.

_____ When I look in the mirror, I like what I see.

_____ I'm intelligent.

_____ I enjoy my school or work.

_____ There aren't many things about myself I'm ashamed of.

_____ I feel comfortable about the number of my friends.

_____ I have plenty of energy.

_____ I'm basically a happy person.

_____ I can laugh at my mistakes.

_____ If I could live my life over, there isn't much I'd change.

_____ I'm an interesting person.

_____ I'm still growing and changing.

_____ I'm happy with myself

_____ Other people care about me.

_____ There's nobody quite like me.

_____ There's not much I'd change about my appearance.

_____ I'm a kind person.

_____ I don't have many regrets about my life.

_____ The people I care about value my opinions.

_____ I'm not afraid to express my feelings.

_____ I'm happy with my choices in this lifetime.

_____ I feel comfortable in a conversation.

_____ I can make my life whatever I want.

_____ There aren't very many people I'd trade places with.

_____ I've led an interesting life.

_____ Nothing is too good for me.

_____ I like where I live.

_____ **Total**

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How Does Your Self-Esteem Rate

96 or Above

Congratulations! If you have answered the questions truthfully, you have an especially positive self-concept. However, if your score is above 105, you may be kidding yourself. It's uncommon for people to feel totally good about their personality, and you may be overlooking some personal shortcomings. If you are overestimating yourself, others may think you have an inflated ego.

72 to 95

If your score falls within this range you are probably one of those lucky people who really likes themselves. Although you know you are not perfect, you believe in yourself enough to make it through almost any personal problem and keep growing.

48 to 71

You have mixed feelings about yourself. You are aware of some of your strengths, but you might be paying more attention to what you see as your weaknesses. Probably your biggest problem is that you don't try as you might not overcome your shortcomings.

47 or Below

You are not happy with yourself. Maybe you are just going through a low period as we all do occasionally. You might want to talk your feelings over with a friend, counsellor, or your instructor and see how they perceive you. Maybe you are selling yourself short.

Source: Unknown

For more self-esteem assessments or to learn how to raise your self-esteem, join our [Building Self-Esteem Class](#).