

I Love Me!

How to Develop Soaring Self-esteem

Self-esteem Assessment



Renaye Thornborrow

Adventures in Wisdom™

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Assessing Self-esteem

Purpose:

The purpose of this activity is to assess your child's self-esteem.

Directions:

Read each of the questions to your child.¹ Have your child either answer the question verbally or to journal his or her answer.

Note: This is not a “scientific (quantitative) measure” but a qualitative measure of your child’s self-esteem. It’s designed to help you identify areas where they need more focus.

¹ If you have more than one child, you may want to do this activity with them separately so their answers are not influenced by someone else.



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Self-esteem assessment

Answer the following questions on a scale of 1 to 10 based on how much you agree with the statement.

<i>I do not agree</i>			<i>I kind of agree</i>				<i>I strongly agree</i>		
1	2	3	4	5	6	7	8	9	10

1. I like myself. I'm a cool kid!
2. Other people like me.
3. When I enter the playground, other kids want to play with me.
4. I feel great about myself when I look in the mirror!
5. I deserve to be treated well.
6. I often get down on myself.
7. I don't have many friends.
8. I deserve to have all my dreams come true!
9. This world needs me!
10. What I say doesn't matter.
11. People want to spend time with me!
12. I like having other people's approval.



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<i>I do not agree</i>			<i>I kind of agree</i>				<i>I strongly agree</i>		
1	2	3	4	5	6	7	8	9	10

13. When I speak, people should listen because I have something important to say!

14. When I hear criticism, I get down on myself

15. I am easily influenced by my friends.

16. What I want doesn't matter.

17. I have done things I regret because I wanted someone to like me.