

## Self Esteem Test

**This self esteem test is quick and simple, answer TRUE or FALSE to each question (if you cannot answer 100% TRUE then answer FALSE - check below how to score):**

1. Other people are not better off or more fortunate than me
2. I accept myself as I am and am happy with myself
3. I enjoy socializing
4. I deserve love and respect
5. I feel valued and needed
6. I don't need others to tell me I have done a good job
7. Being myself is important
8. I make friends easily
9. I can accept criticism without feeling put down
10. I admit my mistakes openly
11. I never hide my true feelings
12. I always speak up for myself and put my views across
13. I am a happy, carefree person
14. I don't worry what others think of my views
15. I don't need others' approval to feel good
16. I don't feel guilty about doing or saying what I want

**TEST SCORE: Total number of TRUE answers you gave, EACH ONE POINT:**

**15-16 Points - You have a high level of self esteem!**

**12-14 Points - Not bad but room for you to improve**

**8-11 Points - Low self esteem is holding you back**

**Below 8 Points - Your esteem is drastically low**