

**SELF-ESTEEM BUILDER**

Please answer the appropriate questions on a 0 to 10 scale, with 0 being the lowest level and 10 being the highest level.

Name \_\_\_\_\_

Date \_\_\_\_\_



How do you think you do with being responsible to yourself and others? \_\_\_\_\_

What are some of the things you are already doing in this area? If you were to improve this part of yourself even more, what would you do?

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How do you think you do with being more aware of and conscious of things, both inside yourself and in the world around you? \_\_\_\_\_

What are some of the things you are already doing to be more conscious and aware? If you were to improve this part of yourself even more, what would you do?

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How do you think you do with accepting yourself? \_\_\_\_\_

How has it helped you already in your life to better accept yourself? What will you do even more of in the future to keep this progress going?

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*Please turn page over to continue Self-Esteem Spectrum.*

How do you think you do in terms of living with a sense of purpose? \_\_\_\_\_

What are some of the things you are already doing to live with more purpose? If you were to improve this part of yourself even more, what would you do?

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How do you think you do in terms of asserting yourself? \_\_\_\_\_

What are some of the things you are already doing to be more self-assertive? If you were to improve this part of yourself even more, what would you do?

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How do you think you do in terms of living your life with integrity? \_\_\_\_\_

What are some of the things you are already doing to live with more integrity? If you were to improve this part of yourself even more, what would you do?

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How do you think you do in terms of taking action on things that are important to you? \_\_\_\_\_

What are some of the things you are already doing to take more action in life? If you were to improve this part of yourself even more, what would you do?

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