

## DIRECTIONS:



Rate from 0 to 10 how much you believe in each statement?

'0' means, you don't believe it at all.

'10' means, you completely believe in it.

S. No.	Statement	Rating
1	I believe in myself	
2	I am just as valuable as other people	
3	I have some unique qualities which others don't have and I am proud of these.	
4	I am proud of my every small accomplishment	
5	I feel good when I give compliment to others	
6	I am open to take feedback and I can handle criticism	
7	I believe that there are always other different ways to solve a problem	
8	I respect myself	
9	I like the way I look	
10	I know my positive qualities	
11	I focus on my success and I know failures are the part of it	
12	I am not afraid to make mistakes	
13	My grades are not my whole identity	
	<b>TOTAL SCORE</b>	



So overall how would you rate your self-esteem on the following scale?

0

I truly believe that  
I can improve.

10

Wow! I am doing great  
will progress more.

