

# Self-Esteem Test

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*This self-Esteem test is quick and very simple, answer True or False to each question (if you cannot answer 100% TRUE then answer the question FALSE – check below how to score): This test was taken from Karl Perera and revised by Kenya Johnson.*

1. Other people are not better off or more fortunate than me
2. I accept myself for who I am and am happy with myself
3. I enjoy socializing with others
4. I deserve to be loved and respected
5. I feel valued and needed daily
6. I don't need others to tell me I have done a good job, I know I have
7. Being myself is essential
8. I make friends easily in most settings
9. I can accept criticism without feeling criticized
10. I admit my mistakes openly and am quick to correct them
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 and loving person
14. I don't need others' approval to feel good about myself
15. I don't feel guilty about doing or saying what I want or feel

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!*

If you scored low, sign up for a sample session and start building a healthy self-esteem today!

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