

The Smart Lioness' SELF ESTEEM SCALE

Rate each statement using the following scale: ➡

4 = TOTALLY TRUE

3 = MOSTLY TRUE

2 = PARTLY TRUE

1 = HARDLY TRUE

- 1 I enjoy waking up in the morning.
- 2 I'm usually in a good mood.
- 3 Most people like me.
- 4 When I look in the mirror, I like what I see.
- 5 I believe that other people find me attractive.
- 6 I'm intelligent.
- 7 I enjoy my work.
- 8 There aren't many things about myself I'm ashamed of.
- 9 I feel comfortable about the number of my friendships.
- 10 I have plenty of energy.
- 11 I'm basically an optimistic person.
- 12 I can laugh at my mistakes.
- 13 If I could live my life over, there isn't much I'd change.
- 14 I'm a warm person.
- 15 I'm happy with my sex life.
- 16 I'm still growing and changing
- 17 Other people care about me.
- 18 There's nobody quite like me.

- 19 There's not much I'd change about my appearance.
- 20 I'm a kind person.
- 21 I don't have many regrets.
- 22 The people I care about value my opinions.
- 23 If there really is a heaven, I believe that I'm going there when I die.
- 24 I'm not afraid to express my feelings.
- 25 I feel comfortable in a conversation.
- 26 I can make of my life whatever I want.
- 27 There aren't very many people I would trade places with.
- 28 I've lead an interesting life.
- 29 Nothing is too good for me.
- 30 I like where I live.

WHEN YOU'RE FINISHED ANSWERING THE QUESTIONS, ADD UP THE TOTAL OF YOUR ANSWERS. IF YOUR TOTAL SCORE IS LESS THAN 70, PLEASE MESSAGE ME!