HOW HIGH IS YOUR SELF-ESTEEM?

INSTRUCTIONS:

Mark a ''T'' true or ''F'' false after each statement as it normally relates to your thinking.

____ 1. I feel my work/career has progressed more because of luck and not because I deserve it.

T 2. I often find myself thinking, ''Why can't I be more successful?''

____ 3. I do not believe I am working up to my potential.

F 4. I consider it a failure when I do not accomplish my goals.

____ 5. When others are nice to me I often feel suspicious.

____ 6. Giving others compliments about their strengths often makes me feel uncomfortable.

F 7. It is difficult to see co-workers promoted because I often feel I am more deserving.

F 8. I do not necessarily believe that our minds have a direct influence on our physical well being.

F 9. When things are going well, they usually will not last for me.

T 10. I place a high value on what others think of me.

F 11. I like to impress my supervisor.

T 12. I find it difficult to face up to my mistakes.

T 13. I am not comfortable always saying what I mean.

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HOW HIGH IS YOUR SELF-ESTEEM? (Continued)

T 14. I find it hard to say I am sorry.

___ 15. I tend to accept change in my job slowly because of fear.

___ 16. Procrastination is a good word to describe my work habits.

F 17. I often find myself thinking, "Why even try, I won't make it."

___ 18. When my boss praises me, I usually do not believe him or her.

___ 19. I do not think my co-workers want me to advance professionally.

T 20. I avoid people who I think do not like me.

T 21. My attitude toward life could improve.

F 22. If honest with myself, I tend to blame my parents for how my life is turning out.

T 23. I find it difficult to look for the good in others.

F 24. I do not think people can change their attitudes.

T 25. I really do not believe that a self-help book will make a difference in ones self-esteem.

Add up all your TRUE and FALSE statements.

TRUE: _____ **FALSE:** _____

If you scored over half of the items "TRUE", you may want to spend some quality time with yourself, or with a counselor, thinking about your life. Think about why you have these feelings.

If the majority of your answers were "FALSE" you seem to have good self-esteem and are on your way to greater success and satisfaction.

ATTITUDE IS THE KEY AND INNER SUCCESS IS THE FIRST STEP TO OUTER SUCCESS.

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