



Self-Worth Questionnaire

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Please complete the following:

1. I believe my value as a person depends on (circle one):

My job or what I do	Approval from others
My looks	My relationship with a significant other
My potential contribution to life/the world	What kind of person I am
My reputation or status in the world	What I have achieved – academics, career etc. Being the best at what I do.
My abilities and how well I can apply them	Living a meaningful life/fulfilling a purpose
How much money I have	What I know
The fact that I am alive and a conscious being	How I treat others – kindness, empathy etc
Doing whatever I do as best I can – even if I am not THE BEST.	My age/gender/health/strength
Other – what?	Other – what?

2. Imagine if everything is suddenly taken away from you – money, possessions, relationships etc Then ask yourself the following questions:

a. What would I have that could be of value?

b. What could I do that could be of value?

3. Complete these sentences . . .

a. I was really happy when . . .

b. Something my friends like about is . . .

c. I'm proud of . . .

d. My family was happy when I . . .

e. I am good at . . .

f. Something that makes me unique is . . .

g. Something helpful I did was . . .

h. I care about others and I show it by . . .

i. I will continue to strive to . . .

4. Rate the following 15 statements on a scale of 1 – 5 (1 being disagree, and 5 being highly agree)

- a. I believe in myself

- b. I am just as valuable as other people

- c. I would rather be me than someone else

- d. I am proud of my accomplishments

- e. I feel good when I get compliments

- f. I can handle criticism

- g. I am good at solving problems

- h. I love trying new things

- i. I respect myself

- j. I like the way I look

- k. I love myself even when others reject me

- l. I know my positive qualities

- m. I focus on my successes and not my failures

- n. I'm not afraid to make mistakes

- o. I am happy to be me

5. Take your time to answer the following as fully as possible . . .

Where do I struggle the most?
Where do I need to improve?
What habitual emotions hurt me?
What mistakes to I tend to repeat?
Things I am good at:
What I like about my appearance:
I've helped others by:

What I value the most is:

Compliments I have received are:

Challenges I have overcome are:

Things that make me unique are:

Times I've made others happy are:

Thank you