



How's Your Self-Esteem?

Do you mostly feel **insecure** or **confident**? Take my quiz to find out how strong your self-esteem is and give yourself a confidence boost!

Discover your confidence score by (1) answering each question, (2) using the key to give a number for each answer, (3) adding up your score to see what your confidence level is and then (4) learn about your confidence level!

1) When I'm around other people, I'm usually:

- a. Wondering what they think about me.
- b. Enjoying whatever we're doing together.
- c. Asking questions to get to know them better.
- d. Thinking about how I'm better than them.

2) When I don't feel good about myself, I tell myself:

- a. That I'm bad at things and don't fit in.
- b. That I'll get better.
- c. It's okay. I'm good at other things.
- d. At least I'm better than others.

3) Compared to others, I'm:

- a. Not as good, lovable, pretty, or popular.
- b. Struggling with many of the same things.
- c. Happy with who I am.
- d. So much better at most things.

4) Quickly list some things you like about yourself. How many can you list?

- a. None. I'm not good at anything.
- b. 1-3 I guess there are a few things I like about me.
- c. 4-8 I have a lot of strengths and interests.
- d. 10 or more. I'm so good at everything!

- 5) Others think that I am:
- a. Strange or boring. No one understands me.
 - b. Mostly like everyone else.
 - c. Unique. I'm different and that's okay.
 - d. Really popular. People want to be like me.
- 6) I feel better about myself when I:
- a. Think worse about others.
 - b. Am doing something I'm good at.
 - c. Think about the people who love me.
 - d. Serve and encourage others.
- 7) When I try something new or meet new people I feel:
- a. Out of place and scared.
 - b. Nervous but excited.
 - c. Comfortable and relaxed.
 - d. Excited.
- 8) When someone says something hurtful, I:
- a. Say something hurtful back at them.
 - b. Wish I could hide and never see them again.
 - c. Tell them I'm hurt and try to work it out.
 - d. Forget about it. I don't care what they think.

Key:

a = 1 *point*

b = 2 *points*

c = 3 *points*

d = 4 *points*

Add up your score!

If you scored 1-15

You need some encouragement!

There is no one like you in the world! Maybe you have been really hurt by others who you loved and trusted. You need some help to see what is special about you and why the world is better with you in it. Here are some things to try:

- Ask a trusted adult (parent, teacher, coach, family member) to help you talk through how you have been hurt.
- Together with an adult, make a list of things you like about yourself or they like about you. Post this list on your mirror, wall or another place where you will see it often.

If you scored 24-29

Your confidence is soaring!

You know your strengths and are using them to have fun and serve others.

- Think about something you are really interested in, even if it is unusual or unpopular. Dedicate some time to enjoying this interest on your own or with a friend. Knowing yourself and doing things you enjoy is important to your self-image.
- Choose one skill (basketball, drawing, etc) or trait (kindness, hard-working, etc.) you want to improve. Develop a plan to improve in this area. Ask a friend or adult to help you.

If you scored 16-23

You're becoming confident!

You know that you are valuable but you sometimes feel out of place, embarrassed or easily hurt by others. Try these methods to become even more confident:

- Practice the body language of confidence: stand tall, look others in the eyes, smile, speak up.
- Show interest in others by asking questions and giving compliments.

If you scored 30-32

You might be over-confident

Ask yourself whether your confidence might come by putting others down or considering yourself better than others. Confidence is a great thing as long as you are not prideful. Help others gain the confidence you have by always treating them well. Take on this extra confidence challenge:

- Look for someone who might feel left out, embarrassed, nervous or out of place. Sit with or play with them and try to help them feel included and confident.