

## How I see myself

Everybody has an opinion of themselves. Sometimes it is over inflated. Sometimes it is very deflated.

How do you feel about yourself? Fill in the activity below on your own in private, when you are not feeling tired or had a bad day. Be honest and truthful to yourself.

|  |              |                      |                      |               |
|--|--------------|----------------------|----------------------|---------------|
| <b>Smart</b>                           | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Able to do things well</b>          | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Good at school</b>                  | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Careful at what I do</b>            | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Good at sports</b>                  | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Able to do things independently</b> | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Happy and Cheerful</b>              | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Helpful</b>                         | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Friendly</b>                        | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Kind and considerate</b>            | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Popular</b>                         | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |
| <b>Good looking</b>                    | <b>Never</b> | <b>Now and again</b> | <b>Almost always</b> | <b>Always</b> |

## How to score

Only the first two responses will count,

Give yourself 1 point for Now and Again. Give yourself 2 points for Never

1. If your total score is between 0-10 you generally feel good about yourself
2. If your score is between 11 – 18 you quite often feel good about yourself, but could work on some aspects
3. If you scored more then 19 you have a low image of yourself