

Student Name: _____

Self-Esteem Questionnaire

I think...	I feel that way...
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Never	Sometimes	Most of the time	Always
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1. I am smart				
2. I am good at schoolwork				
3. I am good at not giving up				
4. I can do hard things				
5. I am good at sports				
6. I am a good friend				
7. I am friendly to others				
8. I am helpful				
9. I am funny				
10. I am happy and cheerful				
11. I am kind and considerate				
12. I am good at asking for help				
13. I am a good communicator				
14. I am good at standing up for myself				
15. I am good at standing up for others				
16. I am good at giving my best effort				
17. I am a good listener				
18. I make good choices				
19. I am trustworthy				
20. I am a good person				