

Student Name: \_\_\_\_\_

## Self-Esteem Questionnaire

| I think...                              | I feel that way... |           |                  |        |
|-----------------------------------------|--------------------|-----------|------------------|--------|
|                                         | Never              | Sometimes | Most of the time | Always |
| 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                  |                    |           |                  |        |