

How I Feel About Myself

Rate yourself on a scale from 1–10 in two different areas of your life:

At home At work (or other area)

1

10

_____	_____	I often feel inadequate.....	I usually feel competent
_____	_____	I neglect my own needs.....	I take care of myself
_____	_____	I hate the way I look.....	I am comfortable with my appearance
_____	_____	I am floundering.....	I can usually handle everyday "basics" of life
_____	_____	I often obsess over past failures.....	I rarely obsess over past failures
_____	_____	I feel unworthy of love and respect.....	I feel worthy of love and respect
_____	_____	I am frequently stressed out.....	I am usually calm and patient
_____	_____	I constantly question my ability to make good decisions.....	I generally trust myself and can make good decisions
_____	_____	I often obsess about my imperfections.....	I can accept my imperfections
_____	_____	I am hurt by criticism.....	I can accept criticism
_____	_____	I am embarrassed by compliments.....	I accept compliments graciously
_____	_____	I worry about what other people think of me.....	I don't worry about what other people think of me

What labels do you give yourself? (Such as, competent, incompetent, loved, unloved, contributor, lazy, valued, worthless . . .)

I am:

Your goal is not to be a perfect "10," but to discover areas for growth and change.