

BUILDING POSITIVE SELF-ESTEEM

Grading	Exceptional (4 points)	Competent (3 points)	Needs Improvement (2 points)	Unsatisfactory (1 point)	Score
The Mental Scoreboard	Always evaluate myself in a positive way; find it easy to come up with a large list of 'good'.	Mostly evaluate myself in a positive way; am able come up with a balanced list of 'good' and 'bad'.	Sometimes evaluate myself in a positive way; my list of 'bad' usually much greater than my list of 'good'.	Rarely evaluate myself in a positive way; I only have a 'bad' list and hold on to it being very self critical.	
Me First	Always put myself first: I am assertive with others and take opportunities, I look after my responsibilities and take care of myself.	Mostly put myself first: I am usually assertive with others and take opportunities, I mostly look after my responsibilities and mostly take care of myself.	Sometimes put myself first: I can be assertive with others and take opportunities; I could be more responsible and take more care of myself.	Rarely put myself first: not assertive with others and never take opportunities; not responsible and don't take care of myself.	
Self-Esteem Toolbox	My self-esteem toolbox is now full of objects to give me a moral boost any time I need it.	My self-esteem toolbox has some objects in there to give me a moral boost when I need it. I am on the lookout for more.	My self-esteem toolbox has very few objects in there to give me a moral boost when I need it. I need to get around to filling it up.	My self-esteem toolbox is empty. There is nothing that can give me a moral boost – I am too hopeless.	
My View Of Myself	I always catch negative views of myself in my head and challenge them; then let them go so I can make positive changes.	I usually catch negative views of myself in my head and challenge them; I usually let them go and make positive changes.	I sometimes catch negative views of myself in my head and sometimes challenge them; I find letting them go very hard.	I never catch negative views of myself in my head and therefore never challenge them; I don't let go and I resist making change.	
Strategies To Build Self-Esteem	I have used all of the 15 strategies to build my self esteem and I practice them daily.	I have used some of the 15 strategies to build my self esteem and I practice them occasionally.	I am aware of the 15 strategies to build my self-esteem and I will use them when things are going bad.	The strategies to build my self-esteem won't help me so I won't bother wasting time with them.	
Handling The Bad Stuff	I always handle hurdles with acceptance, overcoming my fears without judgement, and criticism. Forgiveness is easy for me.	I usually handle hurdles with acceptance, usually overcoming my fears without judgement, and criticism. Forgiveness is not always so easy.	I sometimes handle hurdles with acceptance and overcome my fears. Sometimes critical. Unable to forgive.	Never handle obstacles well – become critical and judgemental and lack acceptance. Unable to forgive.	

Action Items

Final Score

/24