

Self-Esteem Checkup for Kids

Students go through many physical and mental changes and experience the starting up and ending of many social relationships during their time at school. Such uncertainty and feelings of lack and control can affect self-esteem and self-confidence.

Complete this form to better understand how you are feeling about yourself.

Your name (optional):

Rate yourself on the following statements between 1 (I do not believe in it at all) and 10 (I completely agree):

Statement	Score
I am just as important as everyone else	
I believe in myself	
I would rather be me than anyone else	
I am proud of what I have accomplished	
I can handle my mistakes	
I enjoy trying new things	
I am good at solving problems	
I respect myself	
I love myself even if others reject me	
I focus on what I do right, not what I do wrong	
I know what my positive qualities are	
I am happy being me	

Overall, where would you rate your self-esteem? (1 – I don't like who I am, and 10 – I completely like who I am)

0	1	2	3	4	5	6	7	8	9	10

What would you need to change to move nearer to 10?

Dr. Jeremy Sutton