

Self esteem and confidence test...

Know how you really are doing...

This self esteem test is quick and simple, answer TRUE or FALSE to each question Note: if you cannot answer 100% TRUE then answer FALSE.

1. Other people are not better off or more fortunate than me
2. I accept myself as I am and am happy with myself
3. I enjoy socializing
4. I deserve love and respect
5. I feel valued and needed
6. I don't need others to tell me I have done a good job
7. Being myself is important
8. I make friends easily
9. I can accept criticism without feeling put down
10. I admit my mistakes openly
11. I never hide my true feelings
12. I always speak up for myself and put my views across
13. I am a happy, carefree person
14. I don't worry what others think of my views
15. I don't need others' approval to feel good
16. I don't feel guilty about doing or saying what I want

*** Please have this ready for the start of the webinar, Thanks...**