# Building Self-Esteem Assessment

Please circle the alphabet, answer true or false or write in your best answers.

1. Who benefits from a healthy self-esteem?
   1. you do
   2. friends and family
   3. the employees and customers
   4. all of the above.
2. Why is positive self-esteem important?
   1. it helps you feel more confident
   2. it makes you more comfortable around others
   3. neither
   4. both a & b
3. People who have a healthy self-esteem
   1. are born with it
   2. may have found a way to develop it
   3. are arrogant
4. All people with a high or healthy self-esteem
   1. are successful at everything
   2. typically, don’t care what others thinks of them
   3. may need a little encouragement sometimes
5. If you have a high or healthy self-esteem
   1. what others say won’t trouble you
   2. you never worry about anything
   3. you are generally a positive person
6. People with a low self-esteem can
   1. accept it b. do something to change it c. do nothing to change it d. all
7. One way to improve your self-esteem is by
   1. doing things, you can be proud of
   2. becoming a smarter person
   3. being nice to someone else
8. In order to improve your self-esteem
   1. you should spend time with positive people, so it rubs off on you
   2. spend time with negative people so you will know what not to do
   3. watch funny TV shows so you can laugh a lot
9. If you have a high or healthy self-esteem
   1. people may dislike you for it
   2. people may enjoy being around you
   3. both could be true
10. Having a high self-esteem means you have a better chance
    1. finding a good wife
    2. finding a good job
    3. getting what you want in life

**Answer Key**

1. d

2. d

3. b

4. b

5. c

6. d

7. a

8. a

9. c

1. c