

Self-Worth Assessment

Look at the following statements and answer True, or Untrue for each one. If you have more true answers, then you may align with a healthy sense of self-worth. If you have more untrue answers, you may align more with an unhealthy sense of self-worth.

This assessment is for you! It is designed simply to get you to think about your value and where it is derived from and to begin the process of developing a healthy sense of worth.

1. I feel that my personal possessions help determine my value. _____
2. Even without possessions I feel good about myself. _____
3. I feel that my standing in my community helps determine my value. _____
4. I feel that I deserve everything that I have. _____
5. I feel that something good always happens to me. _____
6. I feel that the job that I have helps determine my value. _____
7. If I lost everything I would still feel good about myself. _____
8. If I didn't fill the roles I have in my life I would still feel good about who I am. _____
9. I luv every aspect of myself. _____
10. I am clear on who I am outside of my job, my relationships, my material possessions and my titles or roles. _____
11. I treat myself with the same luv and respect that I treat others with. _____
12. When I make a mistake I laugh at myself. _____
13. I luv myself no matter what. _____

