Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Personal Self-Esteem Inventory**

**Directions:** Complete the following items to learn more about your own level of self-esteem.

*School Subjects*

1. I like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. I do not like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. I am good at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. I am not good at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. I am good at this subject, but I do not like it: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. I am not good at this subject, but I like it: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*Activities*

1. I like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. I do not like \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. I am good at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. I am not good at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. I am good at this activity, but I do not like it: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. I am not good at this activity, but I like it: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. I prefer being involved in individual activities \_\_\_\_\_ or group activities \_\_\_\_\_. (Check one)

*Relationships with Friends and Adults (Check the statements that apply to you)*

1. I am generally well liked: \_\_\_\_\_
2. I am generally not well liked: \_\_\_\_\_
3. I have a group of friends: \_\_\_\_\_
4. I prefer having one or two friends: \_\_\_\_\_
5. I am a leader: \_\_\_\_\_
6. I am a follower: \_\_\_\_\_
7. I prefer people who like the same things I like: \_\_\_\_\_
8. I prefer people who like different things: \_\_\_\_\_
9. I have the support of significant adults in my life: \_\_\_\_\_
10. I have the support of a group of peers: \_\_\_\_\_

*Food Preferences*

1. I like to eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. I do not like to eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. I do \_\_\_\_\_ do not \_\_\_\_\_ eat a balanced diet. (Check one)

*Relaxing*

1. I relax by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. I like relaxing alone \_\_\_\_\_ or with other people \_\_\_\_\_. (Check one)
3. After this activity, I always feel calm and peaceful. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.