



Self-Worth Assessment

Answer the questions as honestly and openly as possible, but don't overthink it. Remember, there are no "wrong" answers, only "your" answers.

Circle the number that corresponds to your response to each statement. When you've finished, add the numbers you've circled together to create a total.

There are ten statements, so if you circled the 5 corresponding to "strongly agree" for all of the statements, then your overall total would be 50.

Please note, this isn't a scientifically validated instrument. It's an assessment that's been designed specifically to help you gain perspective on your self-worth today.

IMPORTANT MESSAGE: This content is intended to provide useful information on the subject of personal development. It is for informational and educational purposes only and is not intended and should not be used as a substitute for professional medical, psychological, financial, legal, or other advice, diagnosis, or treatment. The author is not diagnosing conditions or offering medical or mental health advice. The information provided here is NOT intended to be used for self-diagnosis or treatment. If you feel you require immediate help, please contact the appropriate authorities, medical providers, and/or crisis intervention service providers in your local area for immediate assistance.

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I feel better about myself when I think I look attractive.	1	2	3	4	5
The opinions other people have of me impact how I feel about myself.	1	2	3	4	5
I feel good about myself when I perform better than others.	1	2	3	4	5
When other people are proud of me, it makes me feel better about myself.	1	2	3	4	5
I like myself better when other people think I look attractive.	1	2	3	4	5
Having lots of people that care about me makes me feel worthwhile.	1	2	3	4	5
I feel better about myself when I'm doing well at work.	1	2	3	4	5
How other people see me has an impact on how I see myself.	1	2	3	4	5
Crossing things off my list helps me feel worthwhile.	1	2	3	4	5
When other people dislike me, it makes me feel worse about myself.	1	2	3	4	5

IMPORTANT MESSAGE: This content is intended to provide useful information on the subject of personal development. It is for informational and educational purposes only and is not intended and should not be used as a substitute for professional medical, psychological, financial, legal, or other advice, diagnosis, or treatment. The author is not diagnosing conditions or offering medical or mental health advice. The information provided here is NOT intended to be used for self-diagnosis or treatment. If you feel you require immediate help, please contact the appropriate authorities, medical providers, and/or crisis intervention service providers in your local area for immediate assistance.



Scoring

Similar to golf, the lower your total is on this assessment, the better. A lower total score on the assessment signifies a stronger sense of self-worth. A higher total on the assessment, however, indicates a greater opportunity for strengthening your self-worth.

- 10-20 You have a strong sense of self-worth that external forces don't significantly impact.
- 21-30 Your sense of self-worth show promise, but there's room for improvement.
- 31-50 Your sense of self-worth is at high risk from external factors and would benefit from additional strengthening and development.

IMPORTANT MESSAGE: This content is intended to provide useful information on the subject of personal development. It is for informational and educational purposes only and is not intended and should not be used as a substitute for professional medical, psychological, financial, legal, or other advice, diagnosis, or treatment. The author is not diagnosing conditions or offering medical or mental health advice. The information provided here is NOT intended to be used for self-diagnosis or treatment. If you feel you require immediate help, please contact the appropriate authorities, medical providers, and/or crisis intervention service providers in your local area for immediate assistance.