

What makes me feel good?

Don't over think this; trust your gut instinct; colour in the number square for each statement that feels right for your situation....i.e. My friends – do they make me

feel good? Does having a goal make me feel good etc.... 1 is the lowest score – 10 the highest. Colour in the parts of the list below.

	1	2	3	4	5	6	7	8	9	10
My friends	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Having self confidence in something I do well	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Having a goal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Having something I am good at (skills)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Having an interest/hobby	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Girlfriend/boyfriend	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
The way I look	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Things I have achieved (done)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My family	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Coping with pressure/stress	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Thinking about my future	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Having belief in myself	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
My health & fitness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Areas in your life that score low or not at all – need some work. Think about how you want to do that. Or talk to someone who you trust about your scores.

Reference: Amended from Banish Your Self-Esteem Thief by Kate Collins-Donnelly 2014).