

Self-Assessment Exercise

For each statement, circle the number from 1 to 5 that best represents your response: (1) strongly disagree (never do this); (2) disagree (rarely do this); (3) moderately agree (sometimes do this); (4) agree (frequently do this); (5) strongly agree (almost always do this).

A. I constantly monitor my self-talk in order to maintain high self-esteem.

1 2 3 4 5

B. I tend to be future-oriented and not overly concerned with past mistakes or failures.

1 2 3 4 5

C. I have developed and maintained high expectations for myself.

1 2 3 4 5

D. I accept myself as a changing, growing person capable of improvement.

1 2 3 4 5

E. My goals are clearly defined, attainable, and supported by positive self-talk.

1 2 3 4 5

Select an appropriate attitude or skill you would like to improve. Write your goal in the space provided.

GOAL: _____

