

Kathy's Confidence & Success Coaching

Refresh Restore Rebuild

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Self-Image Quiz

When you are done with the quiz there's a link at the bottom that takes you to "25 personal Bill of Rights" that will help you build

your self-esteem if You score is low.

- 1) **When I look in the mirror, I smile and am glad I'm me.**
a) frequently b) sometimes c) seldom
- 2) **My life has a healthy balance between work and fun.**
a) frequently b) sometimes c) seldom
- 3) **I believe people when they offer compliments, and don't consider it just being nice.**
a) frequently b) sometimes c) seldom
- 4) **When I have an awkward social moment, I focus on it - sometimes for days or longer.**
a) frequently b) sometimes c) seldom
- 5) **Its hard for me to ask for help, and I always apologize for the inconvenience.**
a) frequently b) sometimes c) seldom
- 6) **I berate myself for making mistakes, even call myself names like "stupid".**
a) frequently b) sometimes c) seldom
- 7) **If I have a decision to make, I don't ask more than 1 or 2 people for their opinions.**
a) frequently b) sometimes c) seldom
- 8) **I accept feeling empty, sad or other vulnerabilities, and don't try to escape from them.**
a) frequently b) sometimes c) seldom
- 9) **If I meet someone I like, its no problem pursuing a relationship.**
a) frequently b) sometimes c) seldom
- 10) **Sometimes I say or do things just to have another's approval.**

a) frequently

b) sometimes

c) seldom

11) It often seems like other people have it better than me.

a) frequently

b) sometimes

c) seldom

12) I use either stress or celebration as an excuse to over-eat, over-drink, over-spend, or another unhealthy outlet.

a) frequently

b) sometimes

c) seldom

13) I enjoy doing things that promote a healthy body.

a) frequently

b) sometimes

c) seldom

14) I am comfortable expressing dissatisfaction or asserting my needs.

a) frequently

b) sometimes

c) seldom

15) I enjoy my time alone as much as I enjoy being with others.

a) frequently

b) sometimes

c) seldom

SCORING

Now add up all your points as shown below.

For Questions Apply these points:

1-3

a=6

4 - 6

a=2

7 - 9

b=4

10 - 12

b = 4

13 - 15

c = 2

c = 6

RESULTS

25-49

Your poor self-image has really taken a beating! You seldom feel able to cope with everyday challenges, let alone take on big goals. Your thoughts are often consumed with painful reminders of flaws and blunders, and you struggle to find a balance in your interpersonal relationships. Your social encounters are often interpreted as rejection and reinforce your sense of inadequacy. The saddest part of all is that every painful thought you have about yourself is a **lie!** The truth is there is no evidence that you are anything but great! Every human being has a right to reach his/her highest potential and you are no different. You are a capable person with many talents and purposes yet to be discovered. Your primary goal right now should be to overcome your false beliefs. Hiring a Life Coach who specializes in self-image is an effective way to start.

50-74

Although you have accomplishments, you sometimes feel like an imposter. Your sense

of self relies a bit too much on external factors. People who know you would be amazed if you exposed your self-doubt because you appear very competent. You have experienced what a healthy self-image feels like, but its not consistent and seems to change with current events. Failing is often devastating for you as you're not convinced that you are *not* your performance. Perhaps you measure your success based on: social status, job position, marriage & children, etc. All of these are fluid and not solid enough to determine your worth. Learning to define yourself with internal parameters could be the key factor to having a more consistent self-image. The core of you is where your essence resides and *that's* your pure worth. Its all in you so what do you want to do with it? Your Life Coach has useful tools to aid in your self-discovery.

75-100

You are a person who takes on life's challenges instead of running from them, as you believe in your ability to solve problems. You don't see yourself as innately flawed and have healthy boundaries in your interpersonal relationships. You have learned how to navigate through your world with minimum damage. As a result, you have the confidence it takes to set realistic goals and achieve them. You seldom look at your success as just a fluke, as you understand the relationship between hard work and achievement. Although you're not a stranger to disappointment - you are the master of your life and you seldom play the victim for long. The primary reason you would hire a Life Coach is to learn new skills, have more insight and consider new possibilities. Congratulations on your well-earned self-image!

If your score was low here, you can download a FREE “25 Bill of Rights affirmations” to say to build your self-esteem

[CLICK TO DOWNLOAD HERE](#)