

## HOW GOOD DO YOU FEEL ABOUT YOURSELF?

*Respond to the following statements with GT (generally true) or S (seldom). Be honest. The purpose of the quiz is to get at your true feelings.*

1. I feel content with my present work life and home life.

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2. I am prepared to take risks.
3. I am able to ask for help.
4. I am genuinely pleased to learn of others' success.
5. I appreciate it when people recognize the good work I do.
6. I appreciate and take pride in my accomplishments.
7. I see mistakes as opportunities to learn.
8. I look at people when speaking to them.
9. I really listen to people when they speak to me.
10. I can ask for what I want.
11. I exercise regularly and take care of my health.
12. I help others at times, but I can say no when my plans or needs warrant it.
13. When something good happens to me, I am happy to share the news with others.
14. I have high standards for my performance, but I can accept being "good enough."

*Responding to most statements as generally true (GT) indicates that you value your own happiness and behave generously toward others. Fewer than nine GT responses indicates that you like who you are but may at times abandon your own needs. A total of less than six positive responses reveals that you have a low opinion of yourself and put everyone else's wants or needs before your own. It's time to turn that situation around.*