

Self-Assured! Personal Inventory Assessment

Today's Date _____

Consider the statements below and reflect on how they apply to you in this moment. Use the numbers 0-5 to describe the degree in which each statement applies. The number 0 indicates that this statement does not apply to you in this moment while the number 5 indicates that this statement fully applies to you in this moment.

There is no scoring for this inventory. Instead, it provides us with a small snapshot of where you are in this moment. The way in which you relate to these statements is likely to change based on each moment. We will revisit this inventory at points through out our journey and reflect on the changes we may observe.

I am a worthwhile person _____

I am as valuable a persona as anyone else _____

I have a realistic sense of my strengths and weaknesses _____

I don't feel like an overall failure _____

When I look into my eyes in the mirror, I have a pleasant feeling _____

I take the time to remember my past successes _____

I like myself, even when others reject me _____

I am happy to be me _____

I can laugh at myself _____

I don't beat myself up when going through a rough time _____

My actions generally alight with my values _____

I am willing to take risks for something I believe in _____

I respect myself _____

I feel restricted in my daily activities because of my fear _____

I'd rather be someone else _____