

	Yes, definitely	Yes, mostly	Yes, sometimes	No, mostly	No, not at all
My experience in life has taught me to value and appreciate myself					
I have a good opinion of myself					
I treat myself well and look after myself properly					
I like myself					
I give as much weight to my qualities, skills, assets and strengths as I do to my weaknesses and flaws					

I feel good about myself						
I feel worthy of other people's attention and time						
It's OK for me to care for myself and to enjoy the good things in life						
My expectations of myself are no more rigid or exacting than my expectations of other people						
I am kind and encouraging towards myself, rather than being self-critical						