

**"Gain confidence to boost your entrepreneurial project! » Appendix 2: How do you see yourself?**

Source: SCRIPTOGRAPHIC COMMUNICATIONS LTD, What you need to know about self-esteem, 1989

Self-esteem is that little flame that shines inside us when we are proud of ourselves. Self-esteem means believing in one's own worth, in one's right to friendship, love and happiness. Self-esteem influences our whole life: our thoughts, actions, feelings. To value oneself is to become aware of one's uniqueness in order to have more harmonious and positive relationships with others.

Assess your self-esteem by answering these questions:

Everyone can have a negative perception of themselves at times, so when answering these questions, think about how you perceive yourself most of the time.

	YES	NO
1. Are you easily hurt by critics?		
2. Are you very shy or too aggressive?		
3. Do you try not to show your feelings?		
4. Are you afraid to have intimate relationships with others?		
5. Do you try to blame others for your mistakes?		
6. Do you always find excuses for not changing?		
7. Do you avoid new experiences?		
8. Do you often think: « I don't like myself physically?		
9. Are you too modest about your personal successes?		
10. Are you happy when others fail?		
TOTAL		

	YES	NO
11. Do you accept constructive criticism?		
12. Do you feel comfortable when you meet new people?		
13. Do you express your feelings frankly and openly?		
14. Are you happy to have close friends?		
15. Are you able to laugh at your mistakes (and learn from them)?		
16. Do you notice and accept the changes that are happening to you?		
17. Are you looking for new challenges?		
18. Are you physically comfortable in your skin?		
19. Do you know how to recognise your merits?		
20. Are you happy when others succeed?		
TOTAL		

**Interpretation of the results:**

If you answered "YES" to the majority of questions 1 to 10, you should probably improve your opinion of yourself.

If you answered "YES" to the majority of the questions from 11 to 20, you probably have a positive opinion of yourself.