

# HOW TO BE YOUR BIGGEST FAN!

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THE VALUE & POWER  
OF HIGH SELF-ESTEEM



## SELF-ESTEEM QUIZ: WHAT'S YOUR NUMBER?

As I said, gaining a deeper understanding of yourself, and assessing your current level of self-esteem, can be challenging. For that reason, I've designed a tool, the Self-Esteem Quiz, to be the first step on your journey. It is intended as a way for you to determine where the needle is pointing on your self-esteem meter.

But before you get into the quiz, I'd like to say a few words about the purpose of this tool and the best way to approach it. The goal of this exercise is to give you a clear idea of your current level of self-esteem. After all, how can you chart your progress towards a bigger, better version of yourself if you don't know where you're starting from?

I'd like to stress there is no pass or fail associated with this quiz. It's simply a tool designed to help you gather *information* about where you are right now. The inherent nature of information is that it is purely neutral, neither positive nor negative. Because it's simply a collection of facts, information in its own right is immune to any judgments. For instance, if you look at a Google map of your neighborhood, you can easily find the quickest route to the local mall. That's information. But it would make no sense at all to say, "Oh, the mall is on the corner of 1st Street and 2nd Avenue, and that's good (or bad)." The mall is just where it is. And so are you. The difference, of course, is the mall can't change location. But by using the information you collect from your self-assessment, *you can change*.

So think of this quiz as your own personal "Google map" for getting from point A to point B. Your point A will not be exactly like anyone else's, any more than it would if you and a neighbor two blocks away were both starting out for the same destination. You can only start out from where you are, not from where someone else is—or even from where you wish you were at the moment. The point here is that the goal of the quiz is simply to give you the "lay of the land" and help you chart your course.

Also, please try not to judge yourself negatively. Even if your self-esteem is at rock bottom, that's OK. In fact, it's valuable information for you to have. After all, when you're starting from the bottom of a valley, the only direction you can go is up!

When I first started on my journey, my self-esteem was at an all-time low. And I'm actually grateful it was. That probably sounds strange, but when I look back on that time now, I can't help thinking if it had been even a little bit higher, I might have convinced myself it was "too good" to be considered an issue, or at least "good enough" that I didn't need to worry too much about it. And that may have been enough to prevent me from getting serious about seeking a different way.

So if the reading on your "self-esteem meter" isn't anywhere near 100, don't worry. In fact, I consider a score of 90 to 100 to be extraordinarily rare. The true value of knowing your number is it establishes a "point A," or starting point, from which to create—and launch—a plan that will help your reading soar.

The quiz on the next few pages is intended to help you determine your current level of self-esteem by looking at the results of your life *as a whole*. That's because self-esteem, or lack of it, permeates every aspect of your life. Before you begin the quiz, choose a number between 0 and 100 you think accurately reflects your self-esteem "measurement" today, and write it down here: \_\_\_\_\_

Now you're ready to take the quiz. Here's how it works:

Each item in the quiz contains a phrase; check the box that best corresponds to your response to each phrase. The choices are: positive, negative, or neutral. So, you are going to choose the response that best expresses whether your relationship with this "item" is influencing your self-esteem in a positive way, a negative way, or has no effect at all.

If a particular phrase doesn't apply to you (for example, it mentions children and you don't have any or it mentions a significant other and you don't have one or it mentions a gynecologist and you are male), check the neutral box. (Do your best to check either the positive or negative box; try to keep the total number of neutral checks to a maximum of 10.)

If the "item" is something you avoid doing, such as calling your mother or making your bed, check the negative box.

Don't overthink your choices. Do the quiz quickly, and go with your first reaction.

Your answers should reflect your current relationship with each phrase or item, not what you'd like it to be.

## SELF-ESTEEM QUIZ

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PHRASE	POSITIVE	NEGATIVE	NEUTRAL
Paying bills on time			
The condition of your desk most of the time			
The amount you complain			
Eating a healthy breakfast regularly			
The amount of your credit card debt			
The amount of water you drink daily			
How often you lie, even little white lies			
How often you overreact, yell, or scream			
How often you are on time			
How often you compliment people			
The cleanliness of your car			
Maintaining good personal hygiene and grooming			
Up to date with yearly physical			
Your credit score			
The amount you have in savings			

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
Your communication with your significant other			
Waking up on time consistently			
Filing your taxes on time (this includes extensions)			
Weekly/monthly call to your mother and/or father			
Returning borrowed items on time			
The condition of your yard			
How often you give to your significant other			
How often you are willing to be a beginner and learn new skills			
Sending thank you cards, texts, or emails			
Parent-teacher meeting attendance			
Your integrity on tax returns			
Keeping & organizing memories—photos and mementos			
How often you experience physical affection with your significant other			
Communicating upsets and moving on			
Keeping an accurate current bank register or electronic records			
The house or apartment you live in			
Up to date with gynecologist			
Your financial knowledge			
Your criminal record			
Driving and not getting lost			
Flossing your teeth regularly			
Your ability to apologize—often and first			

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
Organized paperwork/filing system for financial and personal items			
The amount you try new foods and experiences			
Volunteering your time			
How often you do what you say you are going to do			
Joining clubs, groups, associations, and networking			
How often you have sex or intimate moments with your significant other			
Sending in paperwork on time: forms, applications, bills			
The car you drive			
Your level of education			
The cleanliness of your house			
Completing house projects to 100%			
Returning messages in a timely manner			
How often you attend other people's special events			
Voting politically			
Your religious/spiritual practice and attendance			
Your pace—urgent or lazy			
Recycling trash and recycling/repurposing other items			
Going to cultural events: museums, concerts, and plays			
Only taking money and items that belong to you			

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
Being faithful to your significant other			
How often you invite other people over to where you live			
How you dress and present yourself			
How often you see your family			
Your driving record			
Living beneath your means			
Your ability to speak in public settings or to groups of people			
Having a college degree			
How often you are helpful			
How often you read/listen to books			
How often you make new friends			
The amount of hobbies or interests you have			
The amount of life insurance you have			
How romantic you are with your significant other			
Your ability to listen			
How often you give and focus on other people			
Handling problems, complaints, or challenges immediately			
How often you are spontaneous			
How often you give your children 100% of your attention			
How often you have fun			
Your awareness of current events			
Making your bed daily			
Your integrity with money			

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
Your ability to make the difficult phone calls			
How often you smile at people			
Having nice pictures of yourself			
Your physical health			
Auto, home, health insurance up to date			
Participation in your children's homework			
How often you keep your agreements with yourself			
How often you keep your agreements with others			
The amount you tithe			
How often you set and achieve goals			
Eating fruits and vegetables			
The number of friends you have and the depth of those relationships			
How often you vacation			
Your relationship with your significant other			
Your relationship with your children			
The clothes you wear			
Your weight			
Your diet—the foods you eat			
Your communication with your kids			
The amount of time you watch TV			
The amount you drink or do drugs			
How often you are grateful			
Doing more than your share			
Having a positive attitude			
Up to date with the dentist			

PHRASE	POSITIVE	NEGATIVE	NEUTRAL
Taking vitamins and supplements			
The amount of long-term friendships			
Your energy level			
Being knowledgeable about something			
The amount you have traveled			
The amount you talk/gossip about other people			

When you are finished, add up the total number of **positive** check marks. This number is your self-esteem meter reading.

**Write it here:** \_\_\_\_\_

What was the number you chose before taking the quiz?

**Write it here:** \_\_\_\_\_

And now, the all-important question: What do you *want* your self-esteem number to be?

**Write it here:** \_\_\_\_\_

If the gap between your current reading and where you want it to be is large, don't let that discourage you in the least! Don't fall into the trap of judging yourself too harshly. Treat yourself like you would expect your best friend to treat you. What would he or she say to you right now? My guess is they would help you see things in the best possible light. And in this case, that means acknowledging that no matter where your needle falls on the meter, what you've just done is take the first step towards

changing your life for the better! In my opinion, that's something worth celebrating!

Perhaps the quiz has sparked some ideas already about how you can increase your number. Perhaps you are already visualizing things you'd like your future life to include. Take a moment to think about that. What would you like to do that you are not doing today? Do you want to take an art class or dance lessons? Learn a new language? Start your own business? Let your imagination run free!

My hope is that the quiz has helped you not only see where you are at currently but has also given you some insight into where you're heading on the road to enhanced self-esteem.