



*Towards an Independent, Responsible,  
Inclusive and Sustainable future.*



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IRIS (Towards an Independent, Responsible,  
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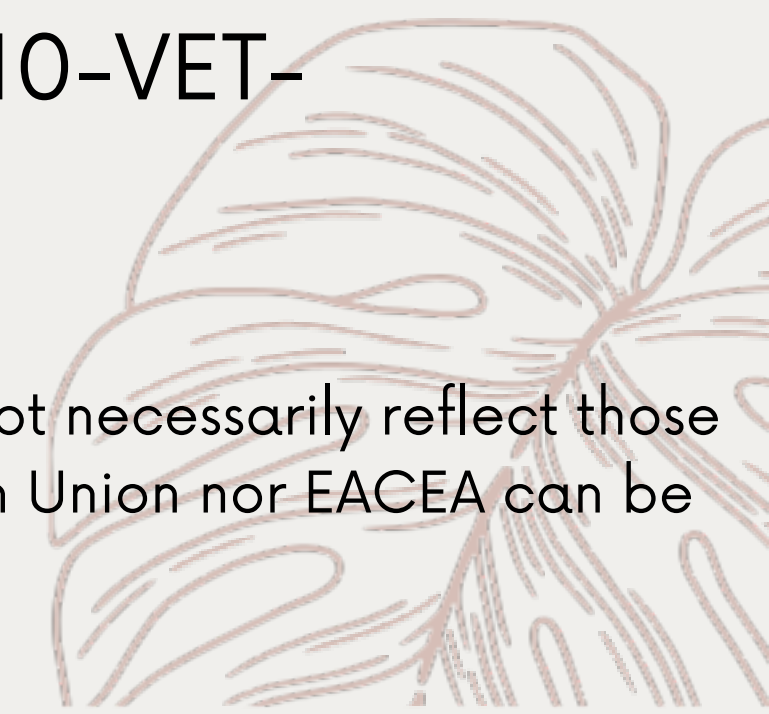
Programme: Erasmus+

Key Action: Partnerships for cooperation and  
exchanges of practices

Action Type: Small-scale partnerships in vocational  
education and training

Project Reference: 2021-2-IT01-KA210-VET-  
000048180

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# self-esteem test

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Section 1: Multiple Choice

Section 2: Fill in the Blanks

Section 3: Short Answer

Results



# Section 1: Multiple Choice

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1. Self-esteem refers to:

- a) How we view ourselves
- b) How others view us
- c) How successful we are in life

2. True or False:

Self-esteem is fixed and cannot be changed.

True

False



# Section 1: Multiple Choice

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3. Which of the following can contribute to healthy self-esteem?

- a) Setting realistic goals
- b) Constantly comparing oneself to others
- c) Seeking validation solely from others

4. Low self-esteem can lead to:

- a) Greater resilience and confidence
- b) Negative self-talk and self-doubt
- c) Increased motivation and productivity



## Section 2: Fill in the Blanks

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1. Positive self-affirmations are statements that \_\_\_\_\_

\_\_\_\_\_.

2. One way to improve self-esteem is by practicing \_\_\_\_\_

\_\_\_\_\_.



## Section 3: Short Answer

1. Name one activity or practice that can boost self-esteem.

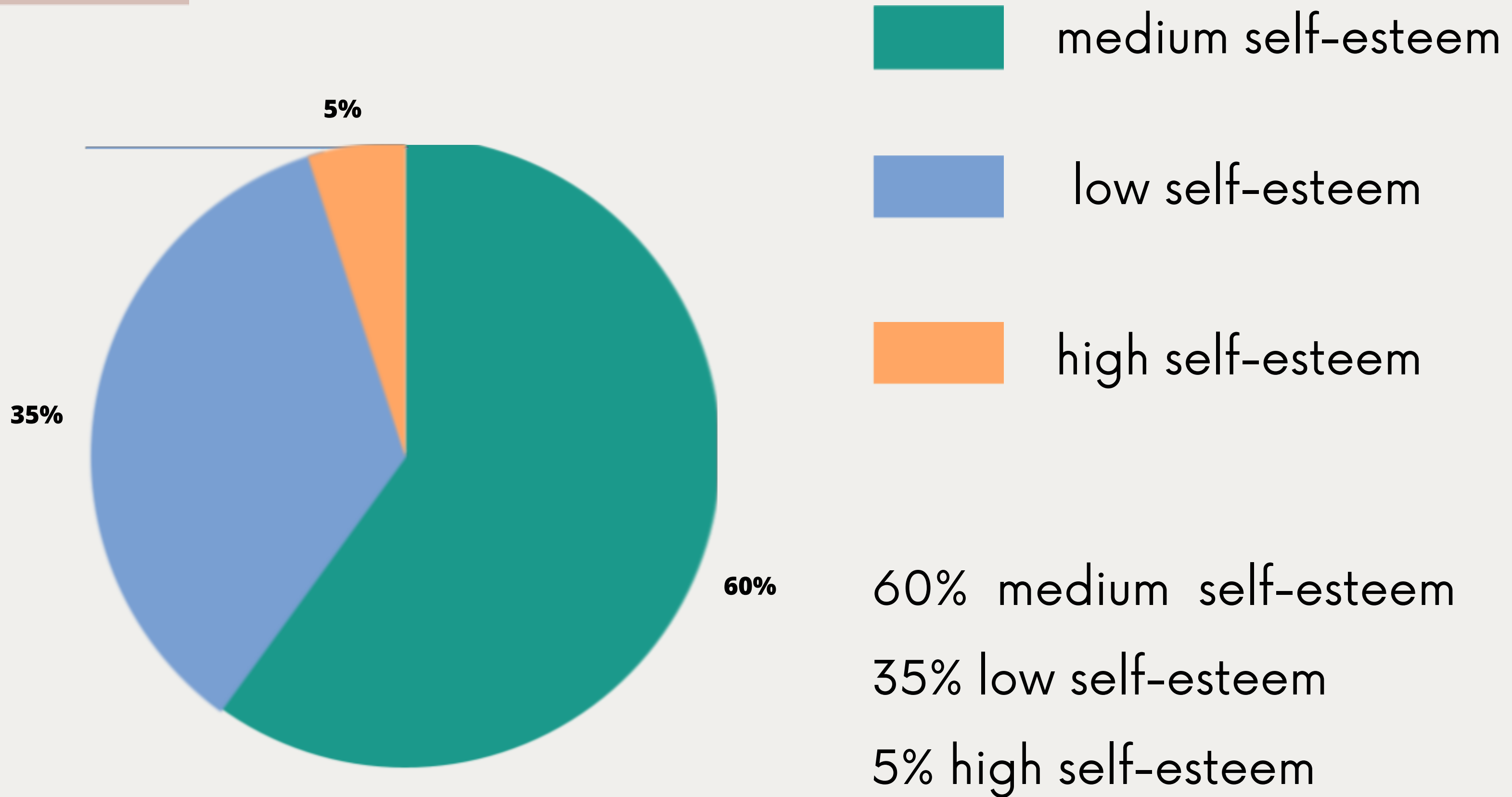
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2. How does self-esteem impact one's overall well-being?

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# results

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