

20-Questions Assessment for Self-Esteem

This assessment is designed to help you gauge your self-esteem and determine your eligibility for *PTW's process. Self-rate this questionnaire by marking "Y" for Yes or "N" for No to the left of each number. If half or more of these are "Y" responses, you'll significantly benefit from this process.)

1. Are you frustrated, disillusioned or fed up with trying to make changes, feeling you're not making progress?
2. Do you notice any repetitive behavior or emotion that is holding you back from your full power?
3. Do you feel your energy is blocked in any area of your life?
4. Do you feel uncertainty, worry or fear that your choices might lead to a mistake or failure?
5. Do you feel as if you experience more effort than ease in your life?
6. When you feel stuck, do you tend to blame yourself for not getting yourself out of it?
7. Do you feel like you know what to do, but lack the confidence to do it?
8. Does your health suffer because you are upset about yourself or your work?
9. Do you avoid certain people or situations and feel uncomfortable when you can't avoid them?
10. Do you believe others or your situation are in some way to blame for your lack of progress?
11. Do you feel you should be playing bigger in life, but you're waiting for the universe to give you guidance?
12. Are you temporarily stuck, but know you can change?
13. Do you feel disconnected with yourself at some level?
14. Do you not take risks because you feel it might leave you exposed and vulnerable?
15. Do you feel you're an impediment to your own success?
16. Do you believe positive change and effortless flow is possible for you?
17. Are you in a personal or business relationship that you want to leave, but you're afraid to do that?
18. Are you typically alone in problem solving or used to handling things without the benefit of others?
19. Do you feel like you're hiding from your fears or anger and don't deal with it?
20. Do you yearn for peace and confidence that evades you?

* www.PositiveThinkingWay.com in association with www.CreatingAtWill.com
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-If you are experiencing what you believe is depression, we recommend you consult a physician.-