

Fred Connors' Self-Esteem Quiz



We asked Fred Connors to help us design an exclusive self-esteem quiz for XWeighted.com. This quiz is designed to help you gauge where you are in terms of your level of self-esteem, and gets you to really think about your self worth. Answer each question honestly, deciding whether answer A, B, or C truly reflects your point of view. At the end, you'll be able to get Fred's opinion on your level of self-esteem.

- When facing life's challenges, you see:
 - an opportunity to bring about success in your life.
 - potential to succeed, but don't know that you can
 - obstacles that you probably cannot overcome.
 - Given an opportunity to try something new, are you:
 - interested and eager to learn new things
 - curious but need to be talked into trying it.
 - not interested because you are fine as you are with what you are used to.
 - Making healthy and responsible lifestyle choices is something that you do because:
 - you want to live life to the fullest.
 - you try to compensate for the unhealthy ones.
 - you have to because you're on a diet.
 - Socializing with people allows you to:
 - enjoy other's company.
 - get a break from the day-to-day grind.
 - have a few drinks and turning into somebody that people like more.
 - I project a positive image because:
 - looking good gives me pleasure.
 - I care about the way I look.
 - I need compliments to feel good about myself.
 - When getting dressed, are you thinking about:
 - looking great.
 - looking presentable.
 - covering yourself up.
 - Giving and accepting compliments is something you do:
 - all the time.
 - occasionally.
 - rarely.
 - Pausing to see yourself in a mirror is something you do:
 - regularly throughout the day.
 - before leaving the house in the morning.
 - never.
 - Identifying a part of your body that you like is:
 - easy, there are lots of parts I like.
 - tricky, I like some parts of my body.
 - impossible, I don't like any part of my body.
 - Being intimate with a romantic partner is something that:
 - excites you.
 - needs to be done with the lights off.
 - you avoid at all times.
 - When you're around other people, they regularly seem:
 - interested and happy to be with you.
 - engaged in being with you.
 - bored and indifferent.
 - Setting time aside for yourself is something that you:
 - enjoy regularly and place importance on.
 - do, but not often enough.
 - are always too busy for.
 - Connecting with old friends or classmates is something:
 - you look forward to because these people really matter.
 - you enjoy, but dread a little too.
 - you avoid because you've changed so much since you last saw them, and are embarrassed about your looks.
 - Your daily work life allows you to feel like:
 - you are part of a great team.
 - you are appreciated, most of the time.
 - you don't fit in at all.
 - Having an opportunity to spend time shopping with friends makes you feel:
 - great, because you get to connect with your friends and treat yourself.
 - okay - you enjoy hanging out, but know that you'll rarely find things that suit your body.
 - uneasy, because all you do is shop for them as nothing in the store will fit you.
 - Being physically active with family and friends is something that you:
 - enjoy, because it builds healthy relationships.
 - do begrudgingly, and for other people's enjoyment not your own.
 - avoid, because you can't keep up or are not interested.
 - Setting goals for yourself is something you:
 - do regularly, because you enjoy the challenge and feeling of accomplishment when you meet them.
 - do occasionally, and are pleasantly surprised when you do meet them.
 - never do, because you're afraid that you will fail.
 - You feel that people around you are:
 - proud of your accomplishments.
 - mostly proud of your accomplishments, but sometimes indifferent.
 - disappointed by your lack of effort.
 - Getting rid of clothing that is too big feels:
 - great, because there is more room in your closet for smaller clothes that actually fit.
 - okay, although you worry you might need them again someday.
 - uncomfortable, because you think that you will probably need those clothes again at some point.
 - Preparing delicious and healthy meals for yourself or your family is something you do because:
 - you know that you are worth it.
 - you know that you should for everybody's health.
 - you are fat.
 - Planning a vacation is something that makes you feel:
 - excited, you'll be able to relax in the sunshine.
 - wary, you love getting away but are a little uncomfortable in skimpy clothing.
 - dread, because you'll have to wear a bathing suit.
 - Volunteering or giving your time to help others is something that you do because:
 - sharing with others makes you feel good.
 - is just something that you have to do.
 - you will need that favour returned.
 - Being around successful people allows you to feel:
 - inspired by their accomplishments.
 - a little intimidated but also inspired.
 - insecure about your lack of accomplishments.
 - When those around you speak of you, they regularly:
 - comment on your positive attributes.
 - have little to say, positive or negative about your life.
 - feel sorry for you, because your life is so challenging.
- What your answers mean**
- A—** You've got it! Self-esteem that is and the ability to achieve your goals. People who openly believe in themselves have the tendency to be more successful in achieving goals and overcoming life's challenges. Don't just keep your success in life to yourself, share with others and encourage their success. That is what self-esteem is all about.
- B—** You know what you want but need to work harder on how to achieve it. Trust your instincts and do what you know is right. You don't need permission, and don't hold yourself back. Follow through a bit more, hold yourself accountable, believe in yourself and your self-esteem will be where it should be. Look to others for inspiration, people with high self-esteem love inspiring others to be successful.
- C—** There is a journey ahead of you and you have to take it! If you are to be successful, you must start believing in yourself and your abilities. Start asking questions starting with "Why do I feel this way all the time?" seek the answer and do something to change it. If you feel helpless in your life, you won't be successful at anything but driving people and opportunities away. Do something (that doesn't involve eating) to make yourself feel better. When you are living life to the fullest, every day will feel that good, and you deserve it. Now do something that shows you believe it, otherwise, life will always be "half full".