



**THE
RESILIENCE
COACH**
CHRISTENE LOWETH

Self-Worth Assessment

This assessment is designed to help you reflect on your self-worth and identify areas where you can grow. Take a moment to answer honestly—this is your first step toward greater clarity and confidence.

Instructions

Rate how much you agree with each statement on a scale of **1 to 5**, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

| Section 2: Energy and Resilience | |
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| 6. I prioritise my physical and emotional well-being to maintain my energy. | |
| 7. I take time for self-care and don't feel guilty about it. | |
| 8. I bounce back after setbacks and see difficulties as part of my growth journey. | |
| 9. I trust myself to handle life's challenges and make sound decisions. | |
| 10. I focus on progress rather than comparing myself to others. | |
| Section 3: Emotional Awareness and Connection | |
| 11. I can identify my emotions and understand the messages they hold. | |
| 12. I communicate my needs and boundaries clearly and confidently. | |
| 13. I challenge negative self-talk and replace it with supportive thoughts. | |
| 14. I feel connected to my purpose and the people who matter most to me. | |
| 15. I can let go of past hurts and focus on building a meaningful future. | |

Scoring

- **45–60:** You have a strong foundation of self-worth, clarity, and resilience. Keep nurturing these qualities to thrive in life.
- **30–44:** You're making progress, but there's room to grow. Focus on specific areas to strengthen your confidence and clarity.
- **Below 30:** This is a great opportunity to start rebuilding your self-worth and resilience. You don't have to do it alone—support is available to help you on this journey



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Reflection Questions

Take time to consider the following:

1. Which area (Clarity, Energy, or Emotional Awareness) scored the lowest?
2. What patterns or habits could be holding you back in that area?
3. What is one small step you can take today to improve your self-worth?

Next Steps

Your self-worth is the foundation for a fulfilling life. If this assessment has revealed areas for growth, I'm

here to help you:

- Gain clarity about your identity and purpose.
- Build resilience and manage your energy effectively.
- Develop emotional awareness to create meaningful connections.

Let's take the next step together. [Book a free clarity call](#) to explore how I can support your journey.
