

Test Your Self Esteem

Do you have trouble landing a dream job, maintaining healthy relationships or simply feeling good about your day-to-day decisions? You may suffer from low self-esteem. Testing your self-esteem is an easy and valuable way to discover underlying problems and work on areas that need improvement. Self-esteem tests are available in many magazines, books and online. Taking these tests can be fun because there really are no right or wrong answers.

Be truthful in your answers. Lying on a self-esteem test only results in an incorrect assessment; so don't waste your time cheating on the questions. If you are honest and truthful in your answers, you'll discover your weaknesses and begin the process of building your confidence.

Admit your shortcomings. Before you can improve your confidence, you must realize that your self-esteem needs improvement. That can be the hardest part of the entire process. Although no one likes to admit to weaknesses, a truly successful self-esteem exercise will require it.

Once you've honestly completed your self-esteem test, you'll learn what aspects of your personality you need to focus on. The next step is to use resources such as self-help books, videos or audio exercises on tape or CD to help improve your self esteem issues.

If you feel that you might need a boost in your confidence, take a few self-esteem tests in books or online. Be honest in your answers. You'll most likely be surprised by what you learn, and you'll be able to begin a self-esteem improvement routine to top up your confidence level. You'll be on your way to landing that dream job or finding the love of your life. Best of all, you'll be happier with yourself.