

PRICELESS PRE SELF-ASSESSMENT

Instructions: Read each statement below. Circle the phrase in the column that best describes how true the statement is for you. Remember to be honest as you answer each question.

Statement	Very True	Somewhat True	Not True
I feel good about myself.	Very True	Somewhat True	Not True
I consider myself to be a confident person.	Very True	Somewhat True	Not True
I believe I was created for a specific purpose.	Very True	Somewhat True	Not True
I speak positively about myself.	Very True	Somewhat True	Not True
I speak positively about others.	Very True	Somewhat True	Not True
I like to try new things.	Very True	Somewhat True	Not True
I think about my future before making a decision.	Very True	Somewhat True	Not True
I make good decisions and stand firmly behind them.	Very True	Somewhat True	Not True
I speak kind words to others.	Very True	Somewhat True	Not True
I speak the truth, even when it hurts.	Very True	Somewhat True	Not True
I am not afraid to ask for help.	Very True	Somewhat True	Not True
I compliment others.	Very True	Somewhat True	Not True
I share ideas for creating a better world.	Very True	Somewhat True	Not True
I don't have a problem saying "No" to negative things.	Very True	Somewhat True	Not True
I willingly help others.	Very True	Somewhat True	Not True
I typically do things in excellence to the best of my ability.	Very True	Somewhat True	Not True
I am productive with my time.	Very True	Somewhat True	Not True
I surround myself with positive people.	Very True	Somewhat True	Not True
I lead the crowd instead of following the crowd.	Very True	Somewhat True	Not True
I set goals for myself regularly.	Very True	Somewhat True	Not True
I stay on track to achieve my goals.	Very True	Somewhat True	Not True
I love myself.	Very True	Somewhat True	Not True
I love my body and how it was created.	Very True	Somewhat True	Not True
I appreciate the things about me that make me different.	Very True	Somewhat True	Not True
I wear clothing appropriate for my age.	Very True	Somewhat True	Not True
I avoid clothing that reveals private parts of my body.	Very True	Somewhat True	Not True

Statement	Very True	Somewhat True	Not True
I am a peacemaker and avoid drama at all cost.	Very True	Somewhat True	Not True
I tend to watch positive and uplifting shows on television.	Very True	Somewhat True	Not True
I regularly listen to music that is positive and uplifting.	Very True	Somewhat True	Not True
I avoid gossip and rumors.	Very True	Somewhat True	Not True
I hang out with people who make good choices.	Very True	Somewhat True	Not True
I have people in my life who hold me accountable and push me to do my best.	Very True	Somewhat True	Not True
I have clear plans for my future.	Very True	Somewhat True	Not True

SCORING THE ASSESSMENT

Instructions: To score your assessment, follow the guidelines below.

Point System:

3 points for every “Very True answer,

2 points for every “Somewhat true” answer, and

1 point for every “Not true answer”.

Step 1. In the spaces below, write your answers as directed.

Count the number of “Very true” answers: _____ X 3 = _____ points.

Count the number of “Somewhat true” answers: _____ X 2= _____ points.

Count the number of “Not true” answers: _____ X 1 = _____ points.

Total Points _____

Interpret your score as follows:

Score	Priceless Point System
67-100	You are a Priceless Princess!!!
34 -66	Priceless and in Process
33 and below	On the path to understanding I’m Priceless