

### Self-Esteem Scale of Skill Sets

<b>Aspect</b>	<b>High</b>	<b>Moderate</b>	<b>Poor</b>	<b>Absent</b>
Accepting				
Accepts Criticism				
Accepts Direction				
Altruistic				
Appreciative				
Asserts				
Balanced				
Brainstorms				
Can Be Alone				
Can be Pleased				
Cares about Others				
Compromises				
Confident				
Considerate				
Cooperative				
Creative				
Culturally Attuned				
Curious				
Encouraging				
Energetic				
Enjoys Company				
Environment Aware				
Explores				
Expresses Feelings				
Financially Aware				
Flexible				
Follows Through				
Friendly				
Handles Pressure				
Helpful				
Hobbies				
Humorous				
Insightful				
Intellectually Able				
Intuitive				
Leadership Ability				
Learns Easily				
Listens				
Loyal				
Musically Literate				
Nature Friendly				
Non-Judgmental				
Open Minded				
Optimistic				

Schiesel/Self-Esteem Scale

Patient				
Persevering				
Physically Able				
Politically Aware				
Practical				
Problem Solving				
Reads				
Reasonable				
Relaxes				
Respectful				
Seeks Help				
Self-Help Skills				
Social				
Spiritual Awareness				
Technological				
Thoughtful				
Tool Friendly				
Trusting				