



# SUCCESS



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CONGRATULATION



STEP UP FACE THE CHALLENGE

## Success - Self-esteem questionnaire

Project: Step Up Face the Challenge

CONGRATULATION! You managed to complete your challenge. Now, it is time to think about it a little bit. Please, complete the questionnaire.

...

Which challenge did you complete? \*

- ☐ Drink a glass of water every morning for one months
- ☐ Eat vegetable and a piece of fruit every day for 1 month
- ☐ Go running at least for 20 minutes (or 3 km) 2x week for 2 months
- ☐ Two weeks without sugar, candies, chocolate and sweet drinks
- ☐ Prepare healthy dinner with your parents 15x
- ☐ Cold morning shower 20x
- ☐ Start a new hobby and continue for 3 months
- ☐ 10 days unplugged (no mobile, PC, TV, tablet ...)
- ☐ Sleep at least 8 hours - 12 days in a row
- ☐ Walk 100 km in 1 month

1) This challenge was for me: \*

	1	2	3	4	5	
very difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	very easy

2) How satisfied are you with your results? \*

	1	2	3	4	5	
unsatisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	maximum satisfied

3) What emotions did you experience most often during the challenge: (More than one answer is possible. )

- ☐ joy
- ☐ anger
- ☐ fear
- ☐ pride
- ☐ courage
- ☐ regret
- ☐ determination
- ☐ disappointment
- ☐ stress
- ☐ shyness
- ☐ anxieties
- ☐ relief
- ☐ enthusiasm
- ☐ happiness
- ☐ boredom

4) What did you learn from the challenge: \*

.....

5) What was the most difficult in the challenge: \*

.....

6) If you did this challenge again, what would you do differently? \*

.....

7) At what percentage do you believe you will continue with the challenge: \*

- ☐ 0%
- ☐ 25%
- ☐ 50%
- ☐ 75%
- ☐ 100%

8) What would definitely help me to continue with this challenge? \*

.....

9) Who would you recommend this challenge to? \*

- ☐ friend(s)
- ☐ parent(s)
- ☐ Jiná...

Congratulation again!

Go on with another challenge!

Erasmus+ project

# Step Up Face the Challenge

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