UNSUCCESS SELF-ESTEEM QUESTIONNAIRE

Failure is success if we learn from it. (M. Forbes)

What is your name? _____   **What is your age?** _____

What challenge did you complete?

○ Ride 100 km by bike/scooter/in-line skates in 1 month

○ Play a board game with parents twice a week for 1 month

○ Have healthy breakfast for 1 month

○ Try to cook while making use of everything. Come up with a New dish with leftovers from other meals for 1 month

○ Create a Zen Space at home (To meditate, read or listen to music) for a month

○ Reading the labels on food when you are grocery shopping (try to choose the healthiest food) for a month

○ Help someone with a heavy task 15 times (so that you will get on your feet)

○ Create your own dish (breakfast, lunch or dinner) 5x and research a recipe and do the grocery shopping yourself (to become more aware of healthy choices and the process of selection of food)

○ Accompany or sibling, parent or friend to a sports activity or a hobby lesson (e.g. art class outside of school) to meet new people / take 20 minutes to yourself every day for one month (e.g. read a book / journaling / taking a walk etc.).

○ Walk to school every day for 1 month

○ Lay/clear the table every day for 1 month

○ Read 10 pages a day of your favourite book for 2 weeks

○ Don't look at your phone before sleeping for one week.

○ Don't eat fast food for one month.

○ Do 20 push-ups every day for 2 weeks.

This challenge was for me

○ very difficult   ○ difficult   ○ OK   ○ quite easy   ○ very easy

What emotions did you experience most often when you were successful.

○ Boredom   ○ helplessness

○ fear   ○ tiredness

○ stress   ○ tiredness

○ distrust   ○ laziness

○ shame   ○ eanger

Which emotion is the hardest for you?

Which challenge was the hardest for you?

What did you learn about YOU from the challenge?

What could help you to finish the challenge?

Which challenge would you recommend to your friend?

WIll you try it again?

○ yes   ○ no   ○ maybe

Additional comments or suggestions

We wish you good luck in other attempts.

This questionnaire is part of the methodology called Step Up a YOUR School.