

SUCCESS

SELF-ESTEEM QUESTIONNAIRE

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

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

How satisfied are you with your results?

- Very Unsatisfied Unsatisfied Neutral Satisfied Very Satisfied

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

- joy
- pride
- courage
- determination
- courage
- relief
- enthusiasm
- happiness
- relief
- entertained

Which emotion do you like to experience the most?

Which challenge was the easiest for you?

What did you learn from the challenge?

What challenges will you continue?

Which challenge would you recommend to your friend?

Additional comments or suggestions

**Congratulation again!
Go on another challenge!**



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