

Profi Competence Tests for Adults



REPORT MY SELF-ESTEEM

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REPORT TEST

MY SELF-ASSESSMENT

My Self-Assessment Test is a multidimensional tool used in personality testing in the context of numerous areas of your private and professional life. This method allows for an accurate and detailed description of your personality in terms of self-esteem resulting from an individual profile determined by your age, gender and experience. The tool examines your self-esteem and assesses your attitude and behavior. It shows your attitude to your own knowledge, competences, skills, attractiveness and living in harmony with yourself. The report you hold in your hand describes your way of thinking about yourself. It shows how you evaluate your own morality, how you are internally consistent with the values. It shows your perception of your own attractiveness as well as acceptance of yourself among your friends and family. The test describes your results in five dimensions:



Reading the report you will find answers to a number of questions about your needs and your perception of yourself in your private and professional life. You will learn about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. The extensive analysis of your results also includes recommendations from specialists in various fields. The suggested guidelines refer, among others, to your emotional, social, intellectual and physical development.

This report offers comprehensive knowledge about yourself, which can translate into your goals and decisions in your private and professional life.

HOW TO INTERPRET THE REPORT



When analysing your results, pay attention to the fact that some subdimensions may present your natural traits and other subdimensions may provide information about your learned reactions. It's completely natural. In your everyday functioning, you mostly apply your innate traits, talents and strong sides.

However, sometimes the position that you take or the role that you assume in a team (privately and professionally) requires from you certain behaviours. After some time innate reactions become so obvious that you accept them as your natural reactions.

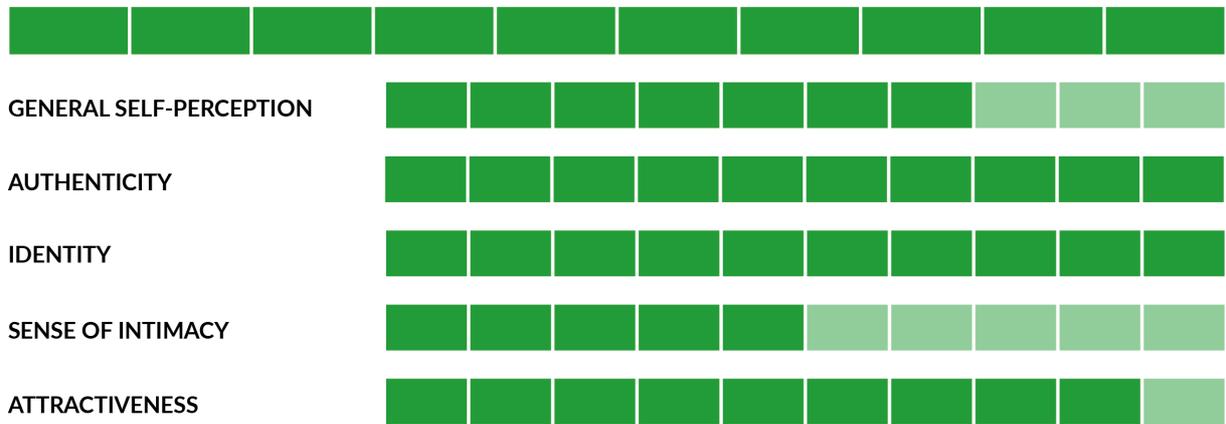
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

Pay attention to the fact that in some of the assessments you may have a generally high result in your overall score, however, particular subdimensions (one or two) may show moderate or low scores.

Example:

The overall assessment score, which is the average of the subdimension results, describes the global image of a person in action, combining the results of all the subdimensions into one general score.

MY SELF-ESTEEM



It is possible to receive a high result on the scale of **MY SELF-ESTEEM** despite receiving a low result in the **SENSE OF INTIMACY** subdimension.

We are then dealing with a person whose general self-perception is positive, who lives in accordance with their own values and appreciates their own physical attractiveness, however, their **SENSE OF INTIMACY** is at a low level, as they may not have felt love and acceptance in life coming from their close friends and family, hence, it is now difficult for them to benefit from the support of other people or to display emotional intimacy towards others.



MY SELF-ESTEEM - A

The dimension **My Self-Assessment** describes the way of thinking about yourself. It displays information about the assessment of one's own morality, internal consistency with core values. It shows the perception of one's own attractiveness as well as the feeling of being accepted among close friends and family. It describes the ability to show feelings towards close friends and family. It measures the level of self-confidence and regarding yourself as an important person.



AUTHENTICITY

Measures the assessment of one's own morality. It shows the tendency towards extreme judgement of one's own behaviour - either as decent or as inappropriate. It defines the level of following moral principles in life and perceiving the surrounding morality.



GENERAL SELF-PERCEPTION

Determines the level of perceiving oneself as either an important and confident or self-deprecating person. It shows the tendency towards positive or negative thinking about one's future. It points out the ability to focus on either the successes or failures in life.



IDENTITY

Measures the level of awareness of personal identity and goals in life. It shows the tendencies towards being internally coherent or contradictory. It points out the ability to either make decisions that influence the future or remain indecisive.



SENSE OF INTIMACY

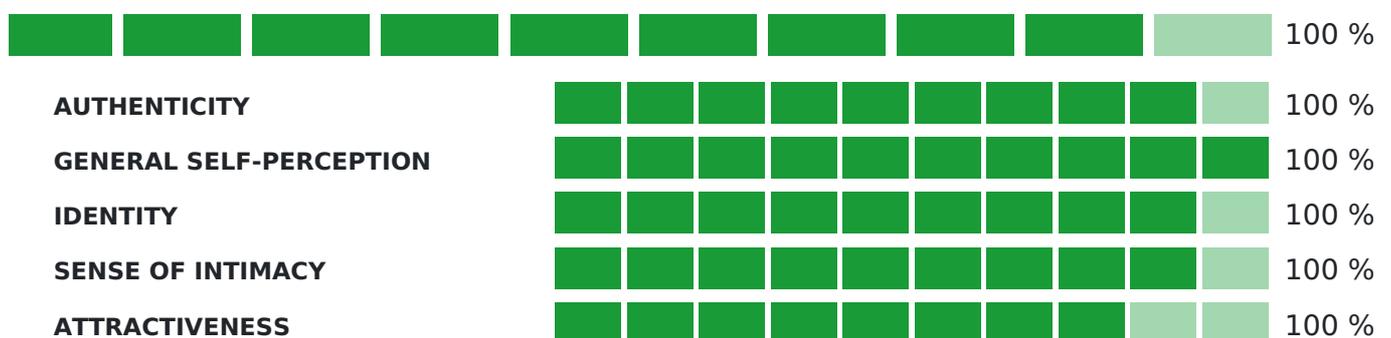
Measures the feeling of acceptance, love and sense of social support. It determines the level of either feeling unconditionally accepted by close friends and family or lack of love and acceptance. It points out the ability to express feelings in close relationships.



ATTRACTIVENESS

Determines the way of perceiving one's own physicality, the level of awareness of one's attractiveness compared to others. It measures the level of satisfaction with one's own appearance.

MY SELF-ESTEEM - A



DIMENSION

SOCIAL APPROVAL - A



SOCIAL APPROVAL - A



The dimension **Social Approval** describes the tendency to present yourself in a better light to achieve greater social acceptance. It is connected with the willingness to behave in a socially desirable and acceptable manner. The need to win social approval is also demonstrated in the test situations by attributing to yourself positive or commendable behaviour, as well as negating the presence of undesirable attitudes or behaviour within yourself. To some extent it overlaps with conformism and increases the tendency to alter or embellish your own way of behaviour.

Low result

Your result on the **Social Approval** scale is low in comparison with other people. It means that you are a kind of person who is not driven by the need for social acceptance or you want to present yourself through your answers as a person who is unaffected by social influences.

DIMENSION

MY SELF-ESTEEM - A



SUBDIMENSIONS:



AUTHENTICITY



GENERAL SELF-PERCEPTION



IDENTITY



SENSE OF INTIMACY



ATTRACTIVENESS



MY SELF-ESTEEM - A

GENERAL DESCRIPTION

VERY HIGH RESULT

Below you will find overall result for the **MY SELF-ESTEEM** dimension being the average of your subdimensions

Your result on the scale of the **My Self-Assessment** dimension is very high in comparison with other people. It means that you are a very self-aware person. You know who you are and what you expect from life because you have clearly defined values and priorities. You set clear-cut principles which you follow in life. This gives you strength in making decisions and setting goals. You are an internally coherent person and through your actions it is visible that you head in the direction that you set out for yourself. When you look at yourself, you see a person full of value, skilled and competent. You think positively of your future. You are aware that thanks to your skills you will always be able to handle life. You are a self-confident person, you recognize your strengths, you know what allows you to stand out among others. You notice your physical attractiveness and use it to achieve your personal goals. You take care of your appearance and your image evokes admiration among others. Your attractiveness draws people to you which further influences your high level of self-assessment. You feel fully accepted and loved by close friends and family. You know you are supported by them and you are aware that you always have someone to count on. You are able to reciprocate love too. In your relations you offer a lot of acceptance, friendship and closeness. You are a very empathetic person. Living close to others gives you strength, which is why you care about your closest friends and family.

Now take a close look at the detailed results to find out which of the subdimensions have the greatest impact on your overall result.

DETAILED DESCRIPTION



AUTHENTICITY

Your result on the scale of the **Authenticity** subdimension means that you judge yourself to be a very decent person. You have an extremely rigid moral backbone and you don't break the rules and principles of correct procedure. In both private and professional life you always try to behave as is expected in order to avoid feeling internally disappointed in yourself later on. In bigger company you pay more attention to behaving correctly, rather than having fun. You control your reactions and behaviours all the time to avoid making any mistakes - especially among other people. People who obtain similar results to you on the examined scale are very strict towards themselves and feel remorse when they do not behave in accordance with the rules. It stays with them for long, that is why they think over it for a long time. It's highly possible that you react in the same way in moments that escape your control. Generally you are a person who is very satisfied with the way in which you live and act from a moral

perspective. You accept your behaviours and you think that they are within the boundaries of decency.

REMEMBER: An assessment of your behaviour very strongly influences the entirety of your thoughts about yourself. It's important to follow the rules of moral behaviour. However, do not be too strict with yourself. One who is not mistaken is one who does nothing. Sometimes you can breach the rules which you firmly establish, this does not mean, however, that you automatically become a bad person. It's important not to make the same mistakes.



GENERAL SELF-PERCEPTION

Your result on the scale of the **General Self-Perception** subdimension means that in your judgement you are a very valuable person, you have many abilities and competences. Thanks to them you know that you will always be able to cope in life. You are proud of yourself and you most likely have many successes behind you. When comparing yourself to others you surely notice that you do more than others. You notice how much you matter. People with similar results to you on the scale of the General Self-Perception subdimension are generally proud of themselves, of what they do, how they act and how many successes they achieve. They claim that they have significantly more successes than failures behind them. You most likely think the same of yourself. You are also a self-confident person, aware of your worth among others and positively thinking about your future. Focusing on your weaknesses is foreign to you. You see your strong side most of all, your expertise, talents, qualifications and possibilities.

REMEMBER: Self-confidence in private and professional life really helps to achieve goals. Positively perceiving your achievements additionally strengthens the feeling of your own effectiveness, which, at a later stage, helps to reach higher and further as well as set and achieve even more ambitious goals. Be careful so that your self-confidence does not turn into arrogance, which is negatively perceived by the surroundings. Arrogant people ultimately lose a lot in terms of interpersonal relations and on many other levels because of this.



IDENTITY

Your result on the scale of the **Identity** subdimension means that you are an internally coherent person with a very high self-awareness. You know perfectly who you are and what you expect from life. You are always familiar with what you must do, as you set goals for the near and distant future. In your actions you are a very decisive person. Both in private as well as in professional life you make decisions independently, as you have clearly specified what is useful for you in life and what isn't. You base your decisions on clear and precisely defined inner guide posts, which are your values. You feel that you live in harmony with yourself. You have a sense of internal coherence and a continuity of actions, which propels you, additionally strengthening your self-confidence in following decisions and actions. You perceive yourself as an integrated and coherent individual. Your result on the scale of the Identity subdimension shows your high effectiveness. Self-awareness and the awareness of directions of future development supports your choice, organisation and assimilation of new experiences needed in your life. Your result is also proof of the high effectiveness of your self-esteem, which has a strong regulatory influence over the procedures of processing information about yourself, preventing internal instability.

REMEMBER: Self-awareness and life in accordance with set values and a course of action determined by them strengthens positive self-esteem, so that with every new experience you become an even stronger person.



SENSE OF INTIMACY

Your result on the scale of the *Sense of Intimacy* subdimension means that you feel fully accepted and loved by close friends and family. You clearly experience the support given to you by the people who surround you and you are able to benefit from this. In private life you fully express your feelings. You give out a lot of love and acceptance. In professional life you are able to supply warmth, acceptance and friendship. You always know that, when in need, you have somebody to count on. You feel that others accept you for who you are. Having such a result on the scale of the Sense of Intimacy subdimension, you are aware of the fact that being accepted and loved positively influences people, hence that's exactly how you behave in relation to others. You are a person full of empathy, you are able to sympathise with others and supply others with warmth. You are able to form close relations, in which you become fully involved, giving as much good to others as possible. You enjoy supplying other people with warmth, your friendship and showing them that you care about them. Awareness of the fact that somebody loves you, that you remain friends with someone or that you have close relations with someone boosts your mood. Pushing aside your love, rejecting your friendship or breaking off a close connection is always painful and incomprehensible for you.

REMEMBER: Close relations with people, love and external support propel you towards action. However, not everybody feels the same. Sometimes people break off connections due to different reasons, sometimes only known to them. They're not necessarily linked directly to you. Try to always talk these situations through and don't take them personally by treating them as a rejection of your person.



ATTRACTIVENESS

Your result on the scale of the *Attractiveness* subdimension means that you usually consider yourself attractive and you are rather satisfied with how you look. You see yourself as attractive and you know that others find you attractive as well. You pay large attention to having a faultless appearance and you usually try to take care of your looks and all of the accompanying details. You are aware that your presence strongly influences other areas of your life, for example the professional field, and you often make use of this. You know that your attractiveness draws people towards you, arouses admiration and this gives you additional strength and energy. Your attractiveness also positively influences your self-confidence and feeling of self-worth. You know that you stand out among the crowd and look better than others. You have a large impact on others due to your looks. You are also aware of the fact that others pay attention to your attractiveness and may be jealous of how you look.

REMEMBER: Appearance strongly influences how people perceive you. People who are considered attractive are chosen for different initiatives more often, they have a chance to participate in different projects more often, as it is known that attractive people bring others together around them. Be careful to also take care of other aspects, work on mental development and not to base your success strictly on physical attractiveness.



MY SELF-ESTEEM - A

DEVELOPMENTAL RECOMMENDATIONS



AUTHENTICITY

- As a person who is authentic you have clearly defined values and rules of procedure. Observe which of them are lasting and constant in life and which ones can be subject to certain modifications alongside your development.
- Abiding by moral rules is a very strong side of yours. Guard them, as they determine the level you maintain and your class.
- However, be less of a strict judge towards yourself. If you do not fully behave in accordance with set rules, this will not cause your elimination.
- If you make a mistake, learn a lesson from it and devise desirable behaviour for the future, without blaming yourself and never-ending remorse.
- It's good that you care about your rules, however be careful to not be so hard on yourself.
- Remember that as we mature, grow up and grow old, the rules of procedure may change. Have this in mind when creating and correcting your list of rules of good behaviour.



GENERAL SELF-PERCEPTION

- Take care of preventing any changes in how you view yourself.
- You perceive yourself as valuable, competent and resourceful - this supports you in the achievement of successes. Enjoy them, celebrate their finalisation.
- Being a cohesive person with inner strength, set bold goals. Your positive view of yourself strengthens you and will allow you to achieve even more.
- Focusing on your strong sides will allow you to develop them even more. Be careful, so that at one point they don't become your enemies. You are a self-confident person - keep this under control, to avoid becoming an arrogant person, who doesn't notice their own weaknesses. When you notice them, consider whether it's worth working on them.
- Be careful so that the focus on your positive sides doesn't overshadow noticing other people, their strengths and contributions.
- Take care of interpersonal relationships. Despite your strong character, positive self-perception and having many positive sides, relationships with others are one of the most valuable areas of life, worth taking care of.



IDENTITY

- Keep up the care for your self-awareness and the awareness of your own goals.
- You are a very self-aware person so set yourself even bolder and more ambitious goals.
- Your inner strength and coherence enable you to make decisions quickly and independently. It's a strong side which you can further apply in your life.
- Maintain clarity in your pursuits. It shows your strong character. You can apply this attitude when managing people.
- Try to use your decisiveness to be the most effective that you can be in every action.
- Read a lot, especially books and magazines, which correspond to your interests. It will strengthen your knowledge even further, broaden your horizons and positively influence setting and achieving further life goals.



SENSE OF INTIMACY

- Tend the belief that you are supported and loved by close friends and family. These type of thoughts are a huge reinforcement in everyday life, as well as in setting and achieving life goals.
- If need be, benefit from the support granted by close friends and family. This will help you to survive through tough times, additionally strengthening the bonds between close friends and family.
- In private life supply love and acceptance around you and in professional life supply a lot of friendship and warmth. Such an attitude will be returned to you on multiple occasions.
- Develop your empathy. Be a sensitive person to what others around you say and feel. If need be, offer your support and help.
- Continue to develop your skills in terms of entering close relations with other people, through large engagement and doing good to others.
- Remember that there are people who will always love you, irrespective of the situation, state of health, views or your behaviour.
- If someone breaks off the connection with you or temporarily restricts it, do not take it personally. People do this out of different reasons, often involving only themselves.



ATTRACTIVENESS

- Continue to care about your appearance. Your attractiveness positively influences other areas of life.
- Benefit from the strength that you receive from the belief in your own attractiveness. Be careful for it not to overshadow the concern for other areas of your life. Be careful not to become narcissistic.
- Your attractiveness strengthens your self-confidence and feeling of self-worth. Be careful to keep this under control. Overly confident people are perceived as arrogant and do not belong to a group of people who are liked and appreciated.
- Since you know how to take care of yourself and your appearance, share this with others. Teach others and support them in taking care of their own attractiveness. Such behaviour will positively influence your surroundings and, in addition, will surely positively influence the relationships that you build around yourself.
- Remember about constantly taking care of your mental development, not only your physical side. Work on self-development, read, train further.