

Profi Competence Tests for Young



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 school life. It allows for an accurate and detailed description of your personality in terms of self-esteem resulting from your individual profile determined by your age, gender and experience. The tool examines your self-esteem and assesses your attitude and behaviour. It shows your attitude to your own knowledge, competence, skills, attractiveness and living in harmony with yourself. The report you keep in your hand describes your way of thinking about yourself. It shows you 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 your acceptance of yourself among friends and family. The test describes your results in five sub-dimensions:



Reading the report you will find answers to a number of questions about your needs and your perception of yourself at home and at school among your peers. You will find out about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. An extensive analysis of your results also includes recommendations from specialists in various fields. The proposed guidelines refer, among others, to your interpersonal, emotional, intellectual and physical development.

This report offers comprehensive knowledge about yourself, which can be translated into your goals and decisions in your personal life as well as in the process of setting your educational and professional career path.

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 role that you assume in a team (privately and at school) requires 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

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.

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.

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.

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



DIMENSION

SOCIAL APPROVAL



SOCIAL APPROVAL



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.

Very low result

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

DIMENSION

MY SELF-ESTEEM



SUBDIMENSIONS:



GENERAL SELF-PERCEPTION



AUTHENTICITY



IDENTITY



SENSE OF INTIMACY



ATTRACTIVENESS



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 high in comparison with other people. It means that you are a 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.



GENERAL SELF-PERCEPTION

Your result on the scale of the **General Self-Perception** subdimension means that in your judgement you are a valuable person, you are aware that you have many abilities and competences, thanks to which you know that you will be able to cope in life. You are generally proud of yourself and you most likely have many successes behind you. When comparing yourself to others you usually notice that you do more than them and 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 similarly 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 instead, your expertise, talents,

qualifications and possibilities.

REMEMBER: Self-confidence in 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.



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 school 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.



IDENTITY

Your result on the scale of the **Identity** subdimension means that you are most likely a person, who has issues with defining who they are and what they strive for. A lack of internal coherence prevents you from making confident decisions concerning your life and your future. Since you do not fully know who you are and what you strive for, you're also unable to define what you expect of the world, of yourself and of others. Having such a result on the scale of the Identity subdimension, it's highly likely, that you do not set goals neither for the near nor distant future. Setting them is impossible without defining the foundations, which are the values that are important to you and which you want to abide by and tend to in your life. It's possible that you feel that your actions are chaotic in some areas of your life, unrelated to any specific direction, which often unnecessarily and additionally weakens your self-confidence.

REMEMBER: Self-awareness and life in accordance with set values and a course of action determined by them strengthens positive self-esteem. 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 your life you fully express your feelings. You give out a lot of love and acceptance. At school 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 rather do not consider yourself attractive and you are not a person who is usually satisfied with how they look. It's very likely that you don't accept yourself in this aspect. You prefer not to look in the mirror and when this is necessary, you rather do not see yourself as attractive. You know that in comparison to others, you don't look good and this lowers your self-confidence and negatively influences your sense of self-worth. Of course, if you would like to, you can make up for your dissatisfaction regarding the way that you look with the fact that you feel good in other areas or by telling yourself, that it is not that significant for you. However, a lack of satisfaction with your physical appearance can still make itself known from time to time. The fact that you do not feel attractive bothers you and you know that it influences your life. You are aware of the fact that you cannot use your appearance to have influence over others and it's likely that you feel that you are missing out on something.

REMEMBER: Appearance influences how people perceive you. People who are considered attractive are chosen for different initiatives more often, as it is known that they bring others together around them. You can fight for your attractiveness. It's a matter of a clearly defined goal and full determination. It's possible that you may strengthen your attractiveness by making subtle moves, but you don't know how. Style specialists may help you in doing so. It's also possible that you need more time to get into shape, but if you plan this out well and start to accomplish it, the outcomes will be immediately visible. Remember that every person is attractive, but this should be taken care of.



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.



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.



IDENTITY

- It is vital that you determine what is the most important to you in life, who you would like to be in the future and what you strive for. In order to act coherently, you must know what you expect from yourself and others.
- Learn to set goals. Learn the most effective and easiest methods of setting particular goals. You can read guidebooks in this subject or attend skill training in self-management and setting life goals.
- Read a lot, work on self-development, learn - since you are a person who is yet undecided as to what you expect from yourself in the future - learning something new may guide you towards your passion.
- Read books concerning personal development. Also read the ones that explain how to strengthen yourself, respect yourself and what to do to be a self-satisfied person.



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 at school 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

- Remember that your appearance strongly influences how others perceive you, so take care of this area of your life.
- Devote time, energy and your attention to learning of the strong and weak sides of your appearance.
- If it's difficult for you to take care of your attractiveness by yourself, turn to a style specialist. This type of person will help you to take care of yourself from the top. They will show you what to put on display and what to cover up, what needs to be worked on and what can be changed right away.
- Consider what needs to change in your appearance for you to like how you look in the mirror. Make a list of changes.
- Consider who can additionally support you in this metamorphosis. If need be, pay a visit to other specialists: a dietician, hairdresser, make-up artist.
- When you finally look at yourself with contentment, remember to keep up this state. Physical attractiveness means taking care for your appearance on a daily basis as well as working on it every day.