My escape

This is the journey to your inner self!

Open the door to start.
When you finish, click here.

HOW TO
KNOW
YOURSELF

How much self-esteem do you have? At the end of this escape journey, everything will be revealed!

Image

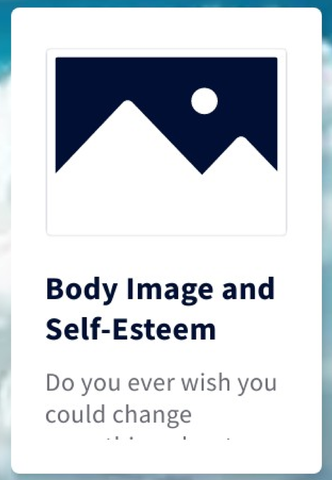
I like the way I dress

I feel ok with my body image

I like my looks

Well done! You are
self-confident! It's
important to have
our own style and be happy
with it.

What a pity! You lack self-confidence. Follow the link to see some tips.



Interpersonal relationships

I like making new friends

I feel comfortable when meeting people of the opposite sex

I am satisfied with my interpersonal relationships

✓ TRUE

✕ FALSE

Good for you! You have high self-esteem and self-confidence. Being sociable will help towards achieving what you want.

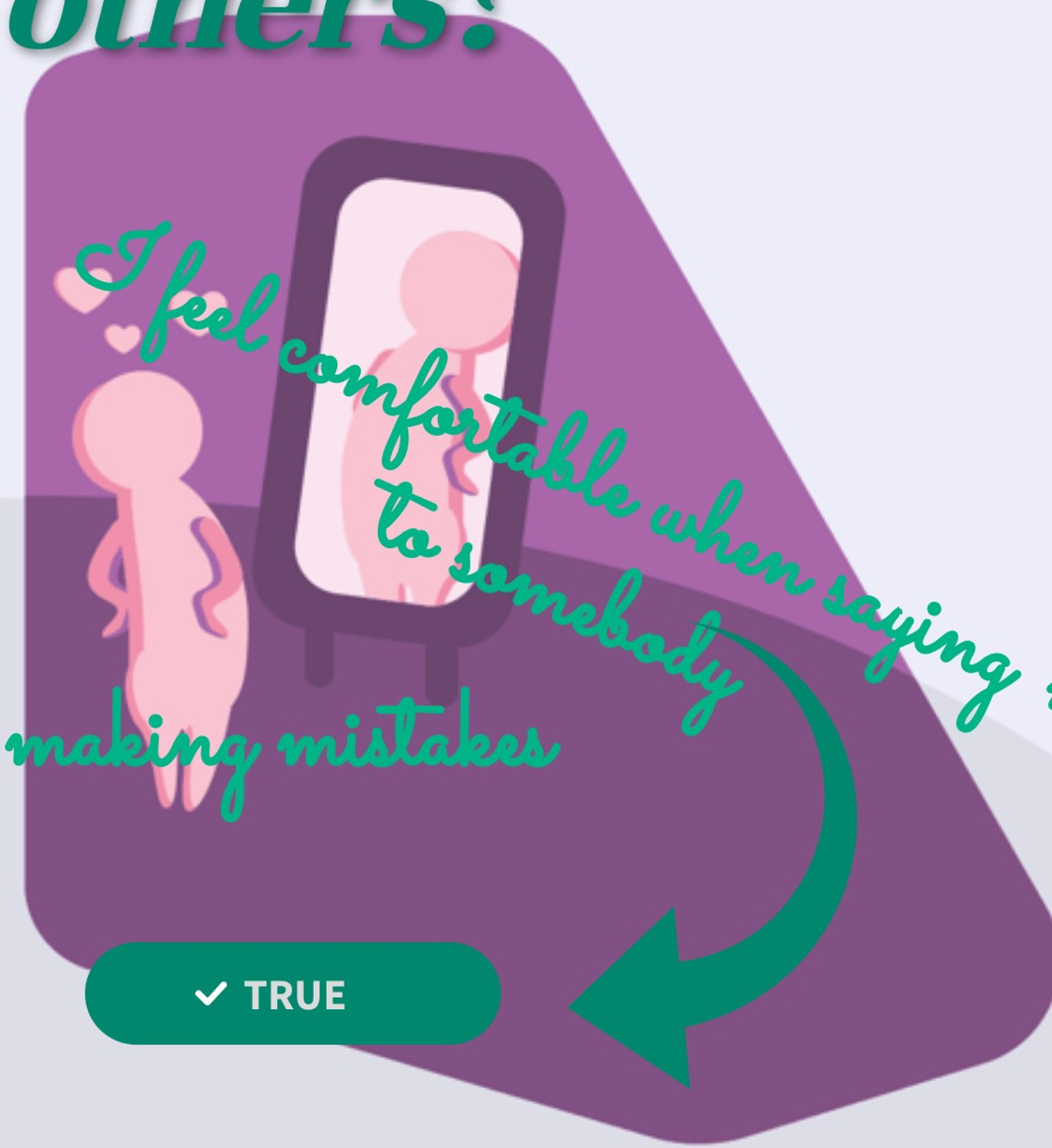
You lack self-confidence. You need to do something about it! Follow the link to get some ideas.

10 Ways to Be More Social, Even if You're an Introvert

Being more social isn't about pleasing everyone around you. Seriously. There's nothing wrong with chilling at home and binge-watching your favorite...

Healthline

Affected by others?



You seem confident and
you do not let others
influence your decisions.

You pay too much attention to what others think about you. Follow the link to see how you can improve that.

8 Ways to Stop Worrying About What Other People Think

To feel accepted is a nearly universal human desire. After all, we evolved to survive better in groups, where fitting in and having the trust and...

Psychology Today

My skills

I have the skills and qualifications to succeed

I set goals and I have expectations of myself

I like taking risks and trying out new thuings

✔ YES

✔ NO

Wonderful! You are confident and you will have a bright future.

You seem worried about your future. Making mistakes is part of getting better. Watch the video feel better.

How confident do you feel now? Take this short quiz to find out

Thank you for trying out H5P. To get started with H5P read our getting started guide

How confident am I?

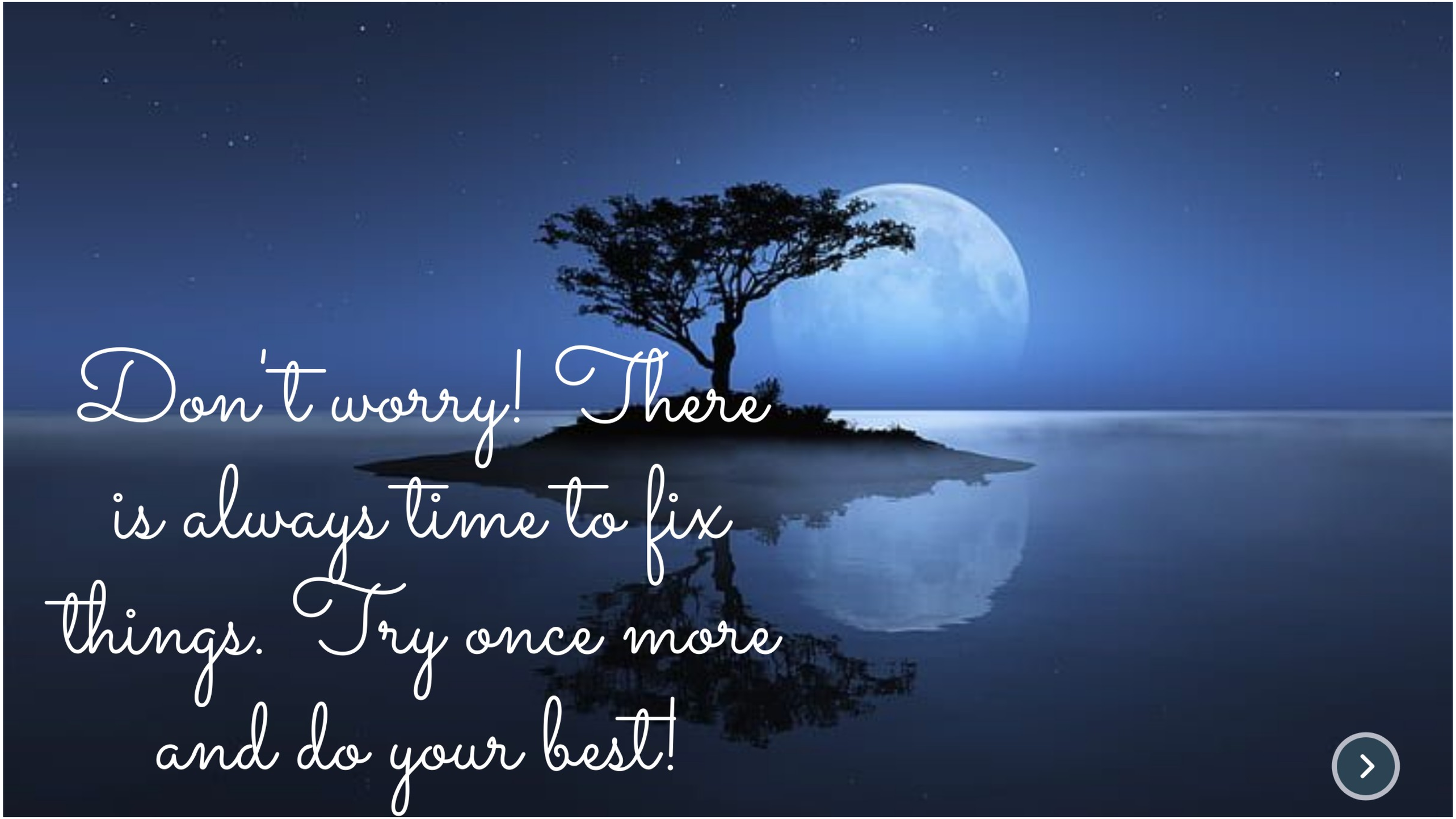
Start

This is the end of your journey. What was the result of the quiz?

- VERY CONFIDENT
- CONFIDENT ENOUGH
- NOT CONFIDENT

Congratulations!!!
Keep spirits up and
you will definitely
succeed in whatever you
decide to do.

You are doing well but
you can do better than
that. Always be positive!
Try once more.


Don't worry! There
is always time to fix
things. Try once more
and do your best!

And don't forget! You DO NOT need to carry these suitcases with you.