

Name: \_\_\_\_\_ Per: \_\_\_\_\_ Date: \_\_\_\_\_

### Building Your Self-Esteem

Self-\_\_\_\_\_: a measure of how you value, \_\_\_\_\_, and feel confident about yourself.

Self-\_\_\_\_\_: is a measure of how you view \_\_\_\_\_.

#### High Self-Esteem

Speaks up for self  
Respects self and others

\_\_\_\_\_  
Tries new things  
Feels valuable to society  
Adjusts to change

\_\_\_\_\_  
Makes decisions based on values

#### Low Self-Esteem

\_\_\_\_\_  
disrespects self and others  
vulnerable to peer-pressure  
doesn't feel valuable

\_\_\_\_\_  
fears failure  
uses drugs and alcohol  
feels pessimistic  
behaves destructively

### 4 Benefits of Self-esteem

- ☺ **Increased** \_\_\_\_\_ – taking care of yourself, not harming yourself by smoking, or abusing drugs or alcohol.
- ☺ **Increased** \_\_\_\_\_ **to reach goals** – with confidence you can reach your goals and set new ones and accomplish more.
- ☺ **Increased** \_\_\_\_\_ **to try** – don't get discouraged easily.
- ☺ **Increased feelings of** \_\_\_\_\_ – you feel a \_\_\_\_\_ part of family, school, and community. Ask for help when you need it and help others.

Low Self-Esteem is \_\_\_\_\_. People with this succumb to pressure and make poor decisions. They put themselves down and are critical of others.

EVERYONE HAS THE \_\_\_\_\_ TO CHOOSE HEALTHY \_\_\_\_\_ THAT SHOW RESPECT FOR OTHERS AND THEMSELVES!!!

### 13 Strategies for Building Self-Esteem

1. \_\_\_\_\_ at a soup kitchen or other community service
2. Make a list of your \_\_\_\_\_
3. Speak \_\_\_\_\_ about yourself and others
4. Take care of your \_\_\_\_\_
5. Reward yourself when you \_\_\_\_\_
6. Try \_\_\_\_\_ new
7. Choose \_\_\_\_\_ who support you and your positive choices & maintain these relationships
8. Set a goal to \_\_\_\_\_ a weakness