

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