

The self-esteem checklist

Here are ten statements about self-esteem. Tick any that you think are true.

To have high self-esteem you need to:

1. Be good-looking
2. Have loads of friends
3. Be sporty
4. Wear cool clothes
5. Have plenty of money
6. Be good at schoolwork
7. Like being yourself
8. Be fit and healthy
9. Live in a normal family
10. Think you're better than everyone else

Answer: Only one of the statements is true. The only thing you need to have high self-esteem is to like being yourself. That's what self-esteem is – liking, respecting and accepting yourself as you are.

