KidsHealth

Personal Health Series

Self-Esteem

Name:

Date:

Instructions: Write a short story in 3 steps. First step, or more one has low self esteem. Describe the "before" self esteem of your character. What circumstances led or fail to someone with low self esteem? Next, in the character being a hurt life or low self esteem here, generate a plan for your character's makeover. Describe in detail on how does step that your character needs take to improve his or her self esteem. Finally, describe the character's "after" self esteem. What specific changes occurred? Was the the character's life changed now that he or she has better self esteem?

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