Name:	Per: Date:
<u>Buildi</u>	ng Your Self-Esteem
Self: a measure of how yo	ou value,, and feel confident about yourself.
Self: is a measure of how y	ou view
High Self-Esteem	Low Self-Esteem
Speaks up for self	
Respects self and others	disrespects self and others vulnerable to peer-pressure
Tries new things	doesn't feel valuable
Feels valuable to society	
Adjusts to change	fears failure
	uses drugs and alcohol
Makes decisions based on values	feels pessimistic
	behaves destructively
4 Benefits of Self-esteem	
set new ones and accomplise Increased Increased feelings of community. Ask for help w Low Self-Esteem is Pedecisions. They put themselves down a	_ to try — don't get discouraged easily — you feel a part of family, school, and when you need it and help others. The propose with this succumb to pressure and make poor
RESPECT FOR OTHERS AND THEMSEI	
13 Strategies for Building Self-E	
1 at a soup kitche	
Make a list of your	
3. Speak about y	—— yourself and others
4. Take care of your	
Reward yourself when you	
6. Trynew	
	port you and your positive choices & maintain these
relationships	
8. Set a goal to	a weakness