



**Directions:** This activity works best if done in pairs and for the self-esteem benefits the "before" and "after" of your response. What observations did you feel in contrast with the self-esteem that is the observed change that led to the self-esteem level, generally you are the person making a response. Describe in detail at least three steps that you observed each step to describe the self-esteem. Then, describe the person's "after" self-esteem. What specific change occurred that led to the person's self-esteem increase? List three, four or more.

Before	Makeover Plan	After
Describe your current self-esteem level in detail.	Describe your plan for creating your desired self-esteem.	Describe your self-esteem after the makeover.
1	2	3