Name _____ Belt _____

Self - Esteem

Self-Esteem means

_____

_____

List 3 ways we can build our self-esteem:

1. _____

2. _____

3. _____

Name one way we can build the self-esteem of a friend:

_____

_____

Self - Perception

Self-perception is how we _____ our self.

Use 5 words to describe your personality or character (not how you look physically):

1. _____   2. _____

3. _____   4. _____

5. _____

Why does how we think of our self so important?

_____

_____

Positive Self-Talk

If you say bad things about yourself, what will other people say about you?

_____

_____

If you speak too highly of yourself, what will people think of you?

_____

_____

What does it reveal about a person when they speak poorly about their abilities or looks or personality?

_____

_____

_____

Accomplishment

What is an accomplishment? (Remember, don't use the word you are defining in your definition)

_____

_____

How does our self-esteem help us to accomplish goals?

_____

_____

What effect does accomplishing our goals have on our self-esteem?

_____

_____

What can we imagine being accomplished when we have HIGH self-esteem?

_____

_____