

Self-esteem: Confidence in one's own _____, self-_____, and believing that you have _____ as a person.

Name some things that can build self-esteem.

Where does self-esteem come from?

Is it okay to have weaknesses?

My Strengths

- 1.
- 2.
- 3.
- 4.
- 5.

My Weaknesses

- 1.
- 2.
- 3.
- 4.
- 5.

What self-esteem is:

What self-esteem isn't:

I can improve or raise my self-esteem by

I can see that one thought I have that is negative self-talk is

I can change it to

When I face challenges, I will do/think this to help me work through it