1. How would you describe self-esteem?

2. Describe how a person’s self-esteem can develop or change over time?

3. What do you think about your own self-esteem? Where do you think you’re at with it? Describe how you feel about yourself.

4. How do you think your financial status contributes to your self-esteem?

5. Name three ways you think you could do to raise your self-esteem.

6. Explain to me why people with high self-esteem do not have to put down other people in order to feel good about themselves.

I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name)

I am the child of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (names)

I am a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ student

I am a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ son or daughter

I am a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ athlete/musician/artist

I am a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ friend

I am a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ teenager

I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

(give me three words that describe your character)

But most of all I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (You in a nut shell☺)

My Strengths and Qualities

Things I am good at:

1.
2.
3.

Compliments I have received:

1.

Things I like about my appearance:

1.
2.

Challenges I have overcome:

1.
2.

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Positive Experiences

Write briefly about times when you displayed each of the following qualities.

**Courage**

**Kindness**

**Selflessness**

**Love**

**Sacrifice**

**Wisdom**

**Happiness**

**Determination**

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