

Building Self-Esteem

“Self-esteem” is made up of the thoughts, feelings and opinions that we have about ourselves. Self-esteem is not bragging; it is feeling good about what makes you, YOU.

Finding ways to remain confident in who we are is one of the best things we can do for ourselves and for others. When we feel good about ourselves, we have an easier time resisting peer pressure, dealing with conflict, and standing up for others when they are being hurt or bullied.

Now, take the time to celebrate who you are. There is no one else like you!

1. Write down two things you like about who you are as a person, such as, “I am good at skateboarding,” or, “I am always friendly to everyone.”

1. _____

2. _____

2. Describe a helpful thing you have done for someone else. Whether it was big or small, your contribution made a difference!

3. Write down something about yourself that you are working on improving. For example, “I am working on being a better soccer player,” or, “I am working on learning to control my temper.”

4. Name two things you could say or do if you were being pressured by a peer to do something you did not feel comfortable doing.

1. _____

2. _____

5. Name a person you know who makes you feel good about yourself. This can be a family member, friend, teacher, or coach, or anyone else who is supportive, caring, and helps you see the positive in yourself.
