

# SELF-ESTEEM II

## SELF-EVALUATION CHECKLIST

**Directions:** Read each of the Characteristics Of High Self-Esteem listed below. Place a checkmark in front of all the items you feel apply to you. Do the same with the list for Characteristics Of Low Self-Esteem. When you've completed this activity, turn it over and wait for further instructions.

### CHARACTERISTICS OF HIGH SELF-ESTEEM

- \_\_\_ An overall good feeling about yourself.
- \_\_\_ A sense that you are worthy of love and respect.
- \_\_\_ Confidence in your abilities.
- \_\_\_ A willingness to cooperate and contribute.
- \_\_\_ Not needing to be the center of attention.
- \_\_\_ Taking proper care of your body.
- \_\_\_ Taking proper care of your mind.
- \_\_\_ A willingness to help others.
- \_\_\_ Being tolerant of other people's opinions and attitudes.

### CHARACTERISTICS OF LOW SELF-ESTEEM

- \_\_\_ Refusing to try something because you might fail.
- \_\_\_ Always being negative.
- \_\_\_ Not taking care of your mind and body.
- \_\_\_ Always wanting to be the center of attention
- \_\_\_ Being painfully shy.
- \_\_\_ An "I don't care" attitude about things that are important.
- \_\_\_ Feeling that you are not as good as others.
- \_\_\_ Feeling that you are better than others.
- \_\_\_ Feeling a lot of undirected anger and frustration.
- \_\_\_ Always worrying about what other people might think about you.

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## INCREASING YOUR SELF-ESTEEM

**Directions:** Read the list below of ten specific ways to increase your self-esteem. Using the Self-Evaluation Checklist you've completed on blackline master 1 as a reference, develop a written plan of action to overcome those characteristics of low self-esteem which you have checked off. Use a separate sheet of paper to write your plan of action. You may choose to use some of the ways to increase you self-esteem listed below or create your own. In the event you feel it's appropriate to discuss this activity or the subject of self-esteem with your teacher or group leader, please let him or her know so you can meet in private.

### TEN SPECIFIC WAYS TO INCREASE YOUR SELF-ESTEEM

1. Decide that you want to have high self-esteem.
2. When someone gives you a negative message about yourself, consciously reject it. Say to yourself: "I do not accept that I am a bad person. I am a worthwhile person and I have much to contribute to the world."
3. Take care of your body by eating healthy, well-balanced meals and getting regular exercise. Practice good personal hygiene every day.
4. Avoid self-pity by reaching out to help others. Many groups need volunteers. Find a cause that you believe in and donate your time and talents.
5. Realize that loss is a part of life. When you experience loss, rejection, or disappointment say to yourself: "This is sad for me right now, but I will not allow it to ruin my life. I am a worthwhile person in spite of this loss."
6. Express your fears and self-doubts to someone you can trust. Talking about problems is the first step to dealing with them.
7. Help others build self-esteem by being a good listener and encouraging them in their efforts to build self-esteem.
8. Try something you've never done before. If you've always been told you're not athletic, take up a sport or join an intramural team. If you've always thought you're not artistic, sign up for an art class. Whatever you try, give it your best effort. Do not allow fear to immobilize you. Even if you do not excel at it, you'll increase your self-esteem by trying.
9. Decide what your ideals are and then live according them.
10. Realize that you have the power to feel good about yourself **now**.