

LINX EDUCATIONAL INSTRUCTOR'S GUIDE

BUILDING SELF-ESTEEM: YOU'VE GOT THE POWER

Activity 1: SELF-ESTEEM

1. What is self-esteem?

2. What are some causes of low self-esteem?

3. What can good self-esteem do for you?

4. Is self-esteem permanent or does it change over time? How can you change your self-esteem?

Activity 2: QUOTE OF THE DAY

Eleanor Roosevelt said "Nobody can make you feel inferior without your permission." Have a group discussion about this quote. What does it mean? How true is it? Can you think of cases where it might not be true? In what kinds of situations would this quote be most useful to remember?

Activity 3: DO YOU VALUE YOU?

Having high self-esteem means that you value yourself. What are the things you value most about yourself? What are some of the things you do that show that you value yourself? Are there things you do that indicate you don't value yourself?

LINX EDUCATIONAL INSTRUCTOR'S GUIDE

Activity 4: 9 STEPS TO SELF-ESTEEM

What were the 9 steps to help build your self-esteem?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

ANSWER KEY

Activity 1: SELF-ESTEEM

1. Self-esteem is the way you feel about yourself. How much we value our own qualities and accomplishments.
2. Some causes of low self-esteem include home environment, perfectionism, unrealistic expectations and comparing yourself to others.
3. Good self-esteem can help you to:
 - form stronger relationships
 - achieve success in school or on the job
 - take positive risks
 - stay away from negative influences
 - set and achieve goals
 - avoid harmful behaviors
4. Self-esteem is not a permanent feeling. You can change your self-esteem by changing your habits and thoughts. Thinking positive helps a lot (other answers may vary.)

Activity 2: QUOTE OF THE DAY and Activity 3: DO YOU VALUE YOU?

Student's answers may vary. Personal stories can be shared with the class.

Activity 4: 9 STEPS TO SELF-ESTEEM

1. Decide that you are going to do something about how you feel about yourself.
2. Write down what you like about yourself. Make an on going list.
3. Accept compliments and reject negative talk.
4. Build positive relationships with friends and family.
5. Clarify your values. Find out what is important to you and what you stand for.
6. Take action, make a change.
7. Set realistic and achievable goals for yourself. Don't be afraid to take some risks.
8. Keep track of your successes and accomplishments in a portfolio.
9. Accept yourself for who you are, like who you are.

© 2007. Linx Educational Publishing. Tel: 800.717.LINX, www.linxedu.com. Copies of the activities may be used only in conjunction with the program they accompany. Any other reproduction of this worksheet in whole or in part without permission from the publisher is strictly prohibited.