



Feeling good about yourself is important



How to get high self-esteem

- Believe that you are an OK person
- Like yourself and make the most of your good points
- Be willing to have a go at something new
- Feel proud of your efforts
- Work at learning and practicing new skills so that you feel confident in your ability
- Learn to think for yourself
- Keep yourself clean and tidy
- Accept responsibility for yourself and your actions
- Believe that you deserve to be happy and relaxed
- Be happy with who you are
- Accept that everyone makes mistakes and use them so that you learn to do better next time
- Don't try to be all things to all people
- Meet new people and learn new skills
- Be positive and notice positive things around you
- Be a happy and caring person and you will attract people to you

How you get low self-esteem

- Telling yourself how bad, ugly, stupid, etc. you are
- Disliking yourself
- Hanging around by yourself or with people who tease you
- Not keeping yourself clean and tidy
- Taking the blame for everything; not standing up for yourself
- Thinking of a mistake as something that only happens to you
- Being negative and believing that you can't change anything
- Thinking that no one likes you
- Not doing anything that you might be good at or enjoy
- Believing that life is always bad and the future will be just as bad
- Listening to and believing people who tell you bad things about yourself
- Not trying to learn or practice new skills

"High Self-Esteem" Word Search

G T D S B Z C G I H F E B U U
 T N S E C F N Q B U R L S Y Y
 U L I Z X I C E T N I B S A H
 L Y R G L A I L Q M T N S C E Y Z
 Z L I E R E N N D N C D O
 P W I V D N U E R K L O U I U
 L O E M J P D O T R Y P S T G
 C G S O S I D Y C K C S P O X
 A A Y I F B T U C N E H I M
 C Z R N T H T W L D E R R K P
 S N O I C I E N E R G E T I C
 D C R I N D V Y A C C E P T U
 Y P P A H G O E N X K I N K D
 L U F E P O H Q I Y W Y L C G

ACCEPT
 BELIEVE
 CARING
 CLEAN
 CONFIDENT
 ENCOURAGING

ENERGETIC
 ENJOY
 FRIENDLY
 HAPPY
 HOPEFUL
 POSITIVE

RELAXED
 RESPONSIBLE
 SMILE
 SUCCESS
 TIDY
 WILLING

Try answering these questions to see if you have high or low self-esteem.

- Do you like yourself? _____
- Do you take good care of yourself by keeping clean and being active? _____
- Do you feel that there is stuff you are good at? _____
- Do you have good friends who you care about? _____
- Are you prepared to give things away freely? _____
- Can you admit when you've done the wrong thing and take responsibility? _____
- Do you try your best at things like school and sport? _____
- Do you think you are as good a person as anyone else? _____