



Self-concept / Self-esteem

The way we picture ourselves including our traits and values is known as _____

The way we feel about ourselves and our actions is known as _____ .

Test yourself - how did you rate?

- ___ **90 or above** - If you answered truthfully you have an especially positive self concept.
- ___ **70-90** - You are probably one of those lucky people who really like themselves.
- ___ **50-69** - You have mixed feelings about yourself. (Shortcomings cause you grief)
- ___ **49 or below** - You are not very happy with yourself. (You are selling yourself short.)

Complete the talent summary!

View the clips and tell me which is a good self concept and which is just being cocky!

**"One way that people often hide their weaknesses is the wearing of masks.
These masks disguise them just the way Halloween masks do."**

List the masks people may wear:

List the mask you wear:

|

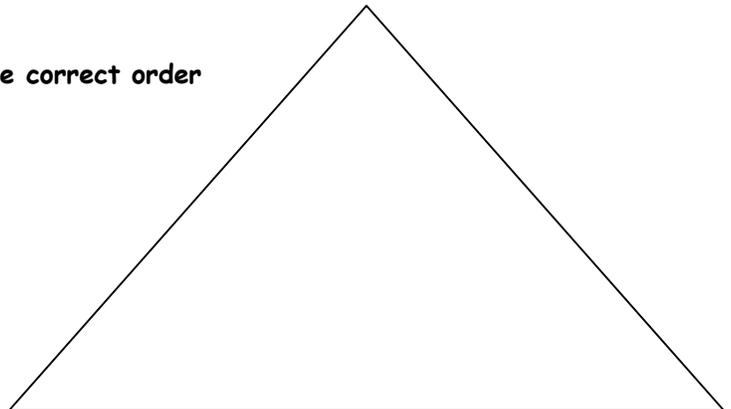
After the self disclosure activity - answer the following questions:

1. How did it feel when your paper was read?
2. How did you feel about the other papers?
3. Did any surprise you? Why?

Maslows Hierarchy of Needs

Place the following on the pyramid in the correct order starting at the bottom:

Esteem Needs
Safety Needs
Self Actualization
Physical Needs
Belonging Needs



BTO _____



After listening to the example given, how can I **BTO**?
Give me an example of what you will do?

How can I become a **HERO** not a **ZERO**? A **CHAMP** not a **CHUMP**?

Think positive thoughts - the negative ones do us no good!

The two worst words are _____.

The two best words are _____.

Now that you've got the idea - what can you do to raise a child's self concept/esteem?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Children will remember **3%** of what you say to them,
yet they remember **97%** of what you do!