

Self Esteem



# Definitions

- Self-concept: Picture or perception of ourselves
- Self Esteem: Feelings we have about ourselves
- Self-ideal: The way we would like to be

- How much do you believe in your self? On a piece of paper write down the percentage of how much you believe in yourself. 100%? 75%? 50%?
- What are you achieving with that percentage?
- What would happen if you believed in yourself 25% more?

Dreams and self belief are free. You can take all you want and walk away.

# How is self-concept build & destroyed

## Building

Find a good role model  
Praise & compliments  
Focus on the positive  
Keep criticism to a minimum  
Set & achieve goals

## Destroyed

Comparing yourself to others  
Putting yourself down  
Drug abuse  
?

# Tips for building Self Esteem

1. Identify with people, books, videos, television shows, etc., that build your self-esteem
2. Build others – give sincere compliments often
3. Think positively
4. Set and achieve goals
5. Do something challenging each day
6. Look your best
7. Eat correctly
8. Do something for someone else
9. Learn a new skill
10. “Act as if” you possess traits you would like to have
11. Observe self-concept people
12. Handle things one at a time
13. Use criticism constructively
14. Ask for help – take advantage of learning opportunities
15. Improve your personal living space
16. Allow personal growth time each day
17. Post self-improvement reminders in obvious places
18. Do not say negative things about yourself
19. Reward yourself often
20. List your accomplishments each evening
21. Volunteer to share your skills with others



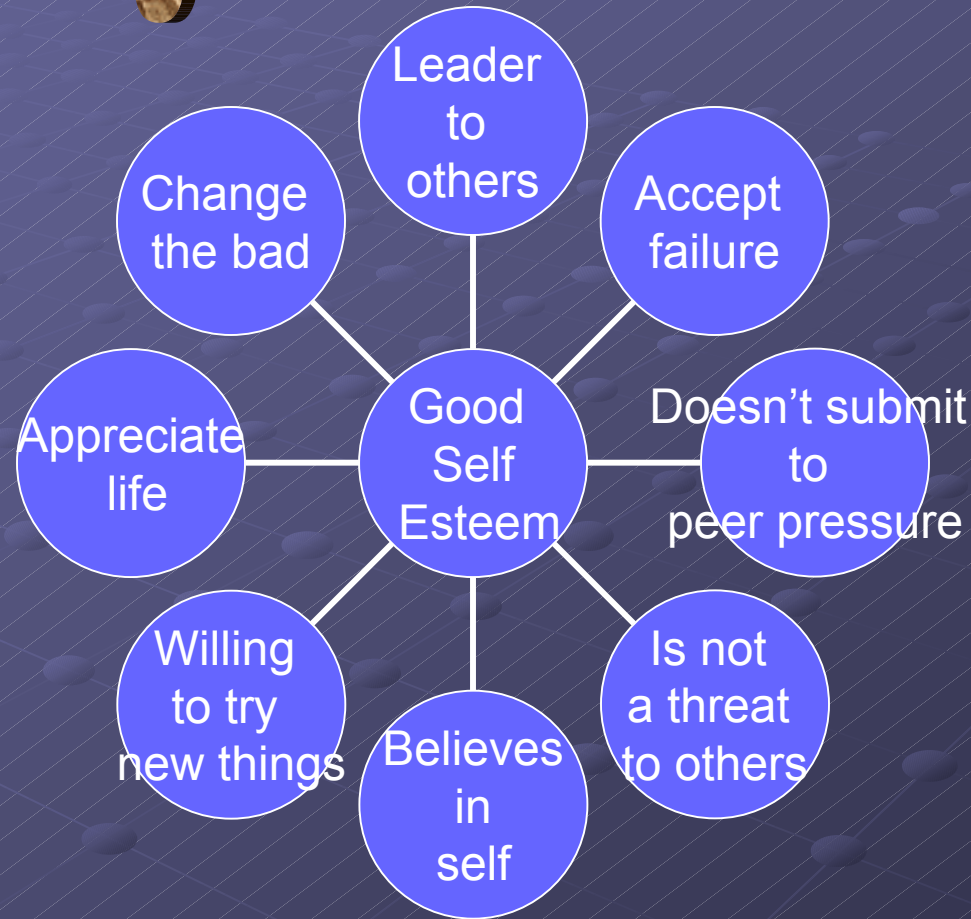
# How do values and morals fit into feeling good about yourself?

- Knowing yourself is a prerequisite to a good self esteem
- Discover your values – a value is something you strongly believe in
- Live by what you value – the closer your values come to your actions the happier you will be.

You become  
which you think  
about most.

# Advantages

## of a good Self Esteem

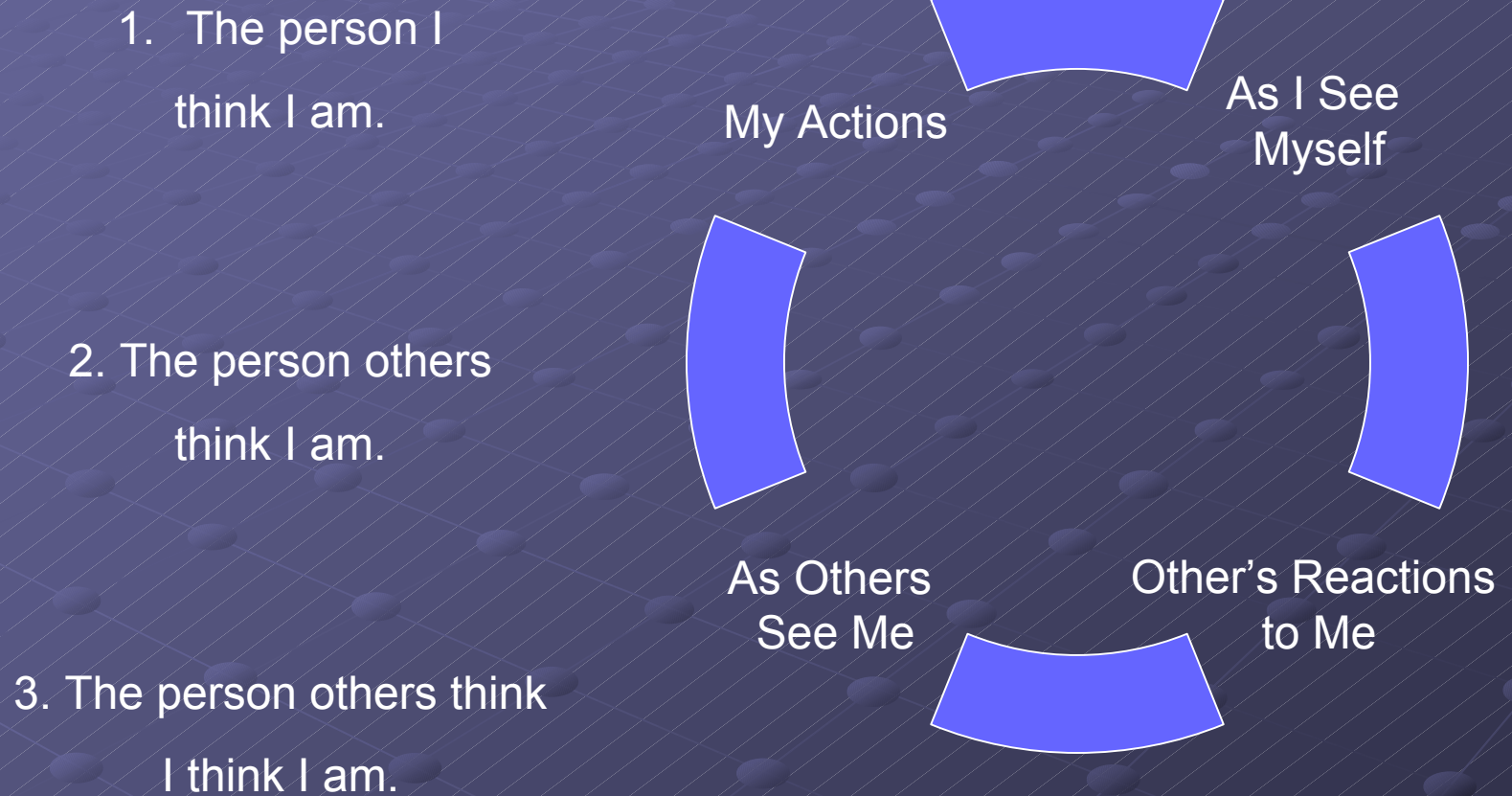




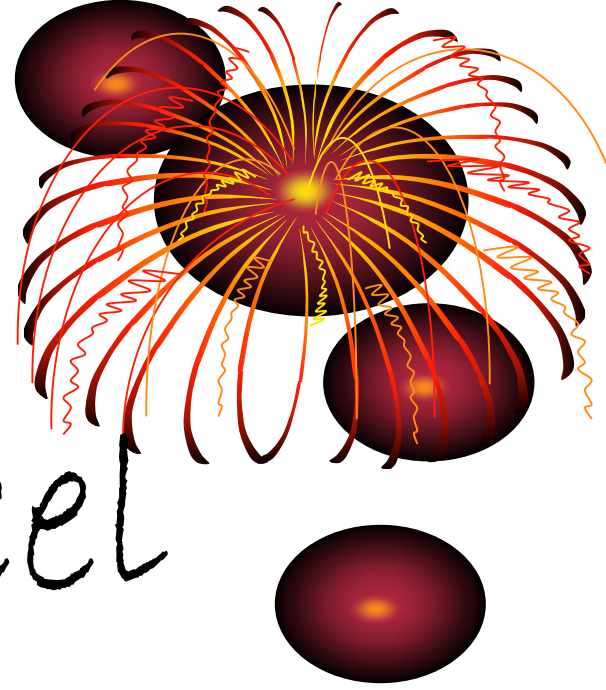
Who has  
contributed to your  
self esteem?

(play clip from lion King)

# Self-Concept Circle



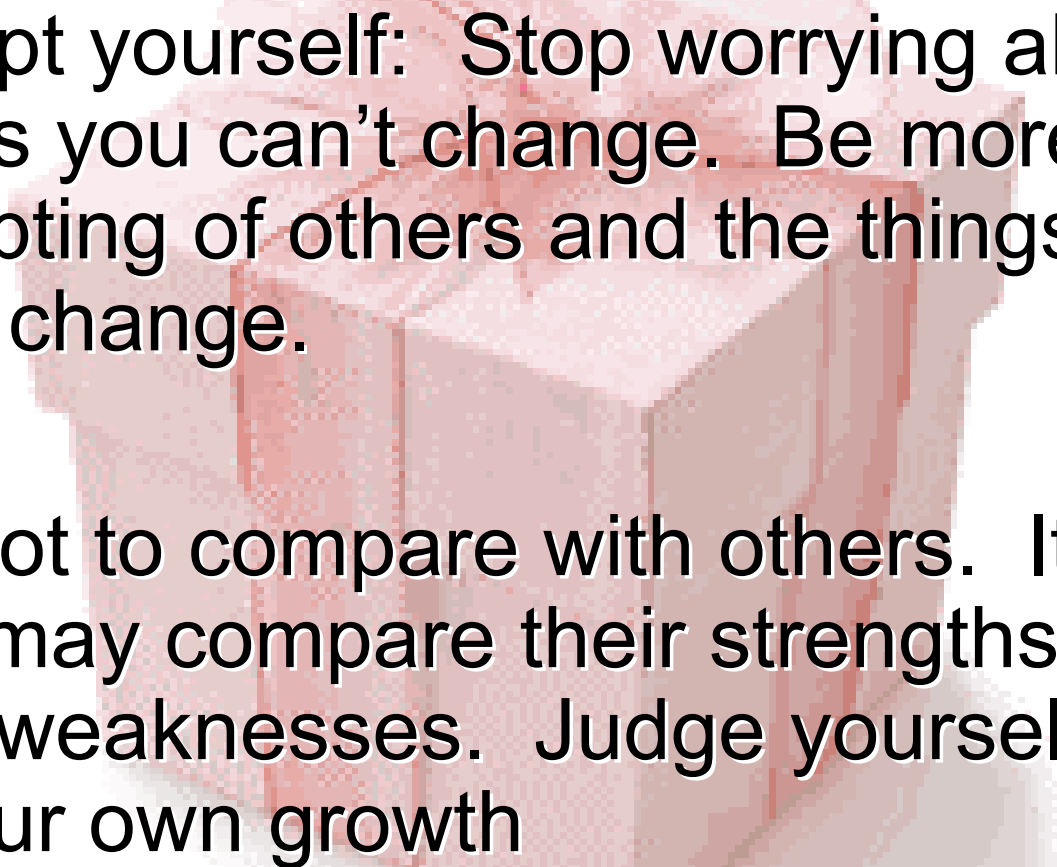
No one can  
make you feel  
inferior without  
your consent.



Eleanor Roosevelt

● Play clip from  
“Princess Diaries”



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- Accept yourself: Stop worrying about the things you can't change. Be more accepting of others and the things they can't change.
  - Try not to compare with others. It's unfair. You may compare their strengths with your weaknesses. Judge yourself in terms of your own growth



- Have Realistic Expectations – We expect too much from ourselves. Perfection is not possible but bettering ourself should be a lifetime goal. We grow with models who appear to be perfect at everything. Hero's are good to look at but they have their problems too.



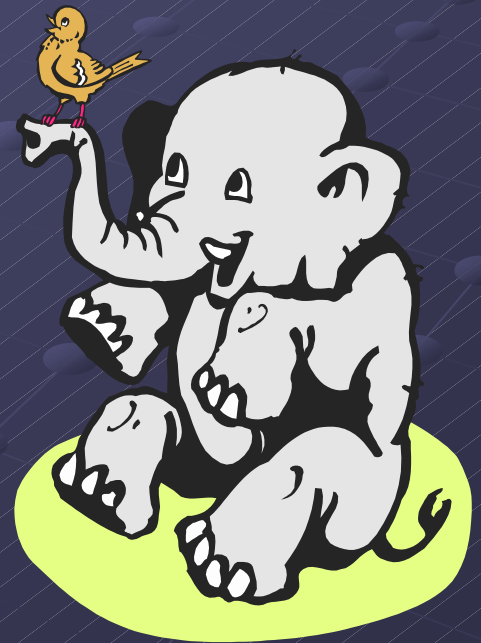
- Emphasize your strengths.
- Change what can be changed. Some things fast, others gradual, and others never. There are things we inherit but we can change our attitude about it. Try new experiences.

# Best Friends

Would you take better care of yourself?  
Would you be kinder to yourself?  
Would you be more forgiving of your human  
imperfections?  
If you realized your best friend was yourself?

Who is always with you everywhere?  
Who is on your side when others are unfair?  
And tell me, who will never let you down in any situation?  
Who will always see you get your share?

And that's why I'm a best friend to myself.  
And I take me out whenever I feel low.  
And I make my life as happy as a best friend would  
I'm as nice to me as anyone I know!



- Practice thinking positive and accept compliments. Just say “thank you”. Give compliments to others. It makes you feel good.

### **Activity:**

Face & look at the person next to you. One is “A” and the other is “B”.

- “A” says to “B”: “you are absolutely, undeniably a remarkable person/student/etc”. “B” responds with “thank you”.
- Reverse it: But “B” puts on a attitude with it and says: “you are absolutely, undeniably a remarkable person, etc.”. “A” responds with: “you got that right honey”.

- There are two different people in the world. One that says “I wish I had” and the one that says “I’m glad I did”. Remember you can have anything in this world if you just believe in yourself.



# “Commercial of Me”

Emphasizing the positive characteristics and capabilities of you, develop an advertisement or commercial to “sell oneself”.

It may be a radio or television ad, billboard, sweepstakes, etc.

Due next class period.