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# MY SELF-ESTEEM



# WORK through BOOK



Illustration of character provided by Sarah Pecorino Illustration & Design  
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# What is Self-Esteem?

Self-esteem is how much you appreciate and love yourself! It is how good you feel about your skills, behaviors, looks, and who you are as a person. Below are a few things that help to shape how you feel about yourself.

## Events (things that have happened to you)

The more times in your life that you've been successful or reached your goals, the more likely it is that you will have a healthy self-esteem. These events are proof that you're good at doing certain things. For example, if you are a swimmer and you come in first place in most of your races, you'll start believing that you must be pretty good at swimming. You'll know that swimming is one of the skills or talents that you have. If you're someone who hasn't had a lot of successes, then you might believe that you're not good at many things.

## Other people

Even though it's called "self"-esteem, other people play a big part in how you feel about yourself. The things they say or do can help or hurt your self-esteem. For example, if you finish your race and a parent or a coach says, "I'm really disappointed in you", you might feel like you didn't do a good job. But, if they said, "You did great! You really gave it your all", that would make you feel good about yourself and how you did. Also, the more times people tell you the same thing about yourself (good or bad), the more likely you are to believe it.

## You

The things you say to yourself can either help or hurt your self-esteem. For example, if you finish in last place, and you tell yourself, "I'm the worst swimmer in the world!", you might start feeling bad about yourself. But, if you say, "That's OK. I'll do better next time", that would be helpful for your self-esteem, and you'll probably be more confident for your next race.

IN THIS WORKBOOK, YOU'LL LEARN WAYS TO IMPROVE YOUR SELF-ESTEEM AND START APPRECIATING THE THINGS THAT MAKE YOU SPECIAL!

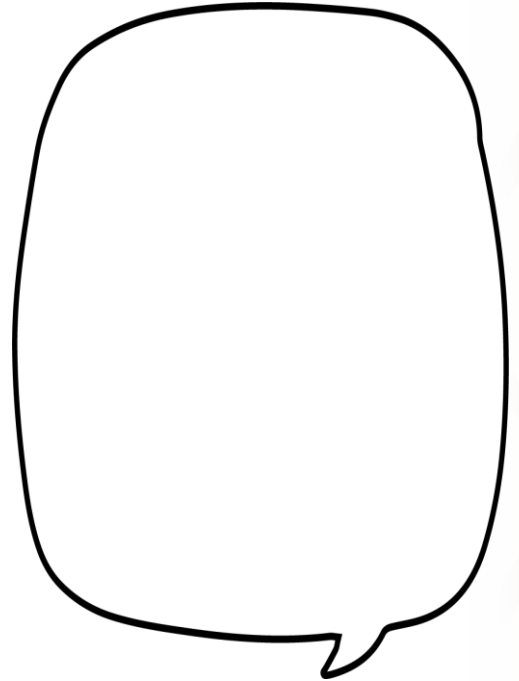


# Healthy vs. Low Self-Esteem

What words would you use to describe a person with a low or healthy self-esteem? Draw a line to the person you think each word might be describing. In the speech bubbles, write in the things that a person with low or healthy self-esteem might say to themselves.



Healthy Self-Esteem



Low Self-Esteem



PROUD

ASHAMED

SAD

CONFIDENT

HOPEFUL

ENCOURAGING

NEGATIVE

BRAVE

HOPELESS

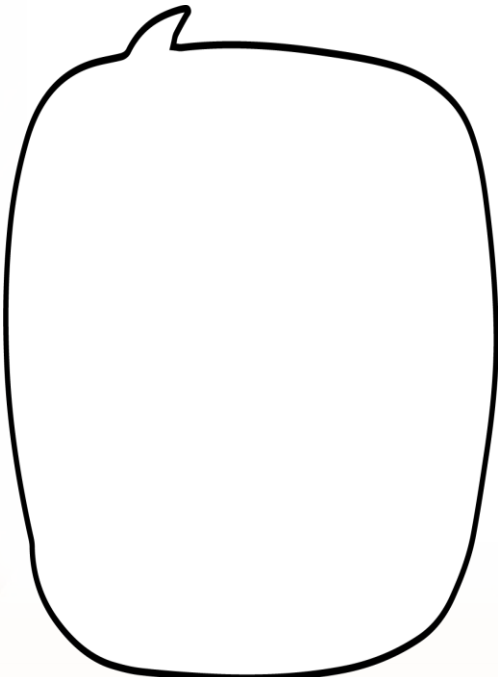
DETERMINED

UNSURE

HAPPY

DISCOURAGING

POSITIVE



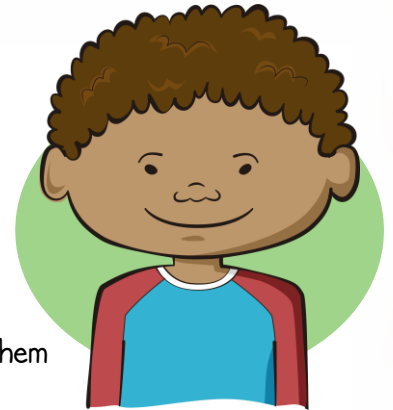
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# Healthy Self-Esteem

## A PERSON WITH HEALTHY SELF-ESTEEM...

- Is positive and says encouraging things to themselves and others
- Is hopeful that things will turn out well
- Forgives themselves when they make a mistake
- Can bounce back quickly if they fail
- Is able to receive compliments and agree with the nice things people say about them
- Handles feedback well even if it's uncomfortable to hear
- Doesn't allow others to easily change how they feel about themselves
- Knows the things they do well and is OK with the things that are challenging for them
- Speaks up and shares their thoughts and opinions even when others may not agree
- Challenges themselves to try new things even though there's a chance that they won't be successful
- Loves the things about themselves that make them different even when others don't appreciate those things
- Understands that it's OK when things don't go as planned and to keep trying if they don't succeed
- Knows that they deserve to be treated with love and respect by themselves and others



## A PERSON WITH HEALTHY SELF-ESTEEM SAYS...

I love myself just the way I am!

I deserve all the good things that happen to me!

I believe that I can reach my goals if I work really hard!

People can say what they want about me. I get to decide what's true!



# Low Self-Esteem

## A PERSON WITH LOW SELF-ESTEEM...

- Is often negative and puts themselves and others down
- Believes that most things won't turn out well
- Is hard on themselves when they make a mistake
- Stays unhappy for a long time after a failure
- Doesn't believe that they have many or *any* skills
- Feels sad or angry when they get feedback from others
- Has a hard time agreeing with the nice things people say about them
- Lets others easily change how they feel about themselves
- Doesn't speak up because they're afraid of what others might say or think
- Doesn't try new things or take risks because they think they'll fail
- Doesn't like the things that make them different even when others appreciate those things
- Gives up when things aren't perfect or don't go as planned
- Doesn't think that they deserve to be treated with love and respect by themselves and others



## A PERSON WITH LOW SELF-ESTEEM SAYS...

I wish I were somebody else. There's nothing good about me.

Good things only happen when I'm lucky. I don't deserve it.

No matter what I do, I'll never be successful.

Whatever people say about me is probably true.



# My Self-Esteem

Let's explore *your* self-esteem! Complete the scale and answer the questions below.

ON A SCALE OF 0 – 5, WHERE WOULD YOU RATE YOUR SELF-ESTEEM? COLOR IT IN!

Very Low!

Very Healthy!

0	1	2	3	4	5
---	---	---	---	---	---

Why did you choose that number?

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ANSWER THESE QUESTIONS ABOUT THE THINGS OR PEOPLE IN YOUR LIFE THAT HAVE HELPED TO SHAPE YOUR SELF-ESTEEM.

## Events

What events or experiences have shaped your self-esteem?

## Other people

Who in your life has shaped the way you feel about yourself?

## Yourself

What are some things you say or do that help or hurt your self-esteem?



# Rate My Self-Esteem

How much do you believe these statements to be true, with **0** being "I don't believe it at all!" and **5** being, "I *totally* believe it!" Talk about why you circled each number:

I love myself!      0 1 2 3 4 5

I'm someone others should look up to!      0 1 2 3 4 5

I am special and unique!      0 1 2 3 4 5

I am able to do great things!      0 1 2 3 4 5

I like who I see when I look in the mirror!      0 1 2 3 4 5

I'm able to face most challenges!      0 1 2 3 4 5

I don't let what other people say bother me!      0 1 2 3 4 5

I am proud of who I am and what I have accomplished!      0 1 2 3 4 5

I can be myself when I'm around others!      0 1 2 3 4 5

I'm a person with many skills!      0 1 2 3 4 5

I wouldn't want to be anyone else but me!      0 1 2 3 4 5

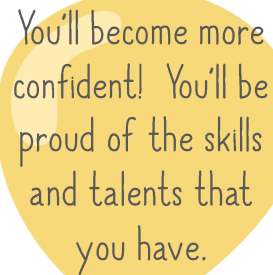
I am someone people should want to be friends with!      0 1 2 3 4 5

HOW MANY OF EACH NUMBER DID YOU CIRCLE?

0	1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

# Healthy Self-Esteem

If you circled mostly **0s**, **1s**, or **2s** on page 7, there's a good chance that you might need to work to get your self-esteem higher! Read below to see all the positive things that can happen when you work to improve your self-esteem. Which of these do you want to happen for you?



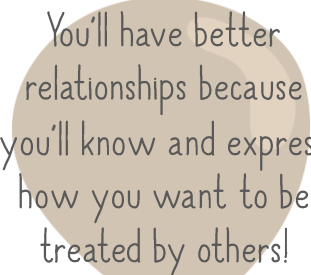
You'll become more confident! You'll be proud of the skills and talents that you have.



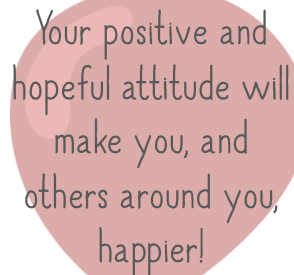
You'll love and accept yourself no matter what other people say about you!



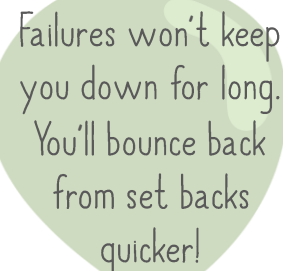
You'll grow and learn new skills because you won't be afraid to challenge yourself!



You'll have better relationships because you'll know and express how you want to be treated by others!



Your positive and hopeful attitude will make you, and others around you, happier!



Failures won't keep you down for long. You'll bounce back from set backs quicker!



Having a healthy self-esteem doesn't mean that you'll start believing that you are *better* than other people. It doesn't mean that you'll be someone who brags or shows off. Having a healthy self-esteem means loving and respecting yourself and believing that you can do great things. It's knowing that you're not perfect, but being proud of the things that you do well and the person you are!

IN THE REST OF THIS WORKBOOK, WE'LL TAKE A LOOK AT A FEW DIFFERENT THINGS YOU CAN DO TO START IMPROVING YOUR SELF-ESTEEM!





# Focus on the Positives

When your self-esteem is low, it can be hard for you to think about your strengths and successes. Instead, you might focus on your failures or the things that you're not good at. One way of improving self-esteem is by training your brain to focus on the positives! You can do this by writing down your accomplishments, qualities, and the things that you do well. As you fill in the boxes below, challenge yourself to stay positive!

## TRAITS ABOUT MYSELF THAT I KNOW TO BE TRUE!

What positive words would you use to describe yourself?



## LIST OF MY ACCOMPLISHMENTS!

When were times you said, "I'm going to do that", and you did it?



## COMPLIMENTS I'VE RECEIVED FROM OTHERS!

Share about the times others have told you "Good Job" or have said something nice about you.



## THINGS I DO BETTER THAN MOST!

What are some things you do better than most people you know?



# People Who Love Me

Sometimes you may not know just how great and special you are! The people in your life who care about you often *do* know these things. You probably just don't believe it when they say it! In the box below, draw a picture of *all* the people who care about you and love you just the way you are. In the speech bubble, write down the words or phrases that they would use to describe you!

The form consists of a large, empty rectangular box with rounded corners, intended for drawing. A speech bubble is attached to the top-left corner of this box. Two small, pink hearts are placed on the left and right sides of the box, one near the bottom-left corner and one near the top-right corner.



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# Accepting Compliments

For someone with low self-esteem, it can be a challenge to hear nice things being said about you. This is because you don't see yourself in the same way. Instead of accepting the compliment, you might say that it's "not true", become uncomfortable, or even get mad because you think the other person is saying it as a joke.

To improve your self-esteem, you should learn how to best respond when others compliment you!

## HOW TO ACCEPT & RESPOND TO A COMPLIMENT!

### Say "Thank you!"

The easiest thing to do is just to say "thank you"! When someone gives you a compliment, that is *their* opinion about something good they noticed about you. Even if you may not agree, you can still thank them for their kind words.

### Tell them how the compliment made you feel

If their compliment makes you feel good, then be sure to share that with them. You can say, "Thank you! That made me feel happy!" or "I'm glad you liked it". You can also say something about them, such as, "That was kind of you to say that!"

### Share in the compliment

It's OK to agree with the compliment! There are ways to agree without it seeming like you are bragging to the other person. If someone tells you that you did a good job, you can say, "Thanks! I worked really hard on that." Or if someone likes a painting you did, you can say, "Thanks! It does look pretty cool, huh?"

### Don't turn it down

Don't say things like, "It's nothing" or "It's really not a big deal". If someone is taking the time to compliment you, that means that you must have done something well. It may hurt their feelings if you're not accepting of their kind words. Try to get yourself to see what they liked about what you did.

### Body Language

Your body language is the message that you send to other people using the different parts of your body. When someone gives you a compliment, make sure that you are giving them eye contact, smiling, and that you look like you care about what they are saying.





# Challenge Stinkin' Thinkin'



*Stinkin' thinkin'* happens when you think about things in a way that is unhelpful and only focused on the negatives. This type of thinking can make you feel worse about yourself and the situation. Read the examples below to learn more! Share examples of times when you've done *stinkin' thinkin'*!



## Filtering

## Catastrophizing

Only focusing on the bad things that happen, even if good things happened too.

We got first place, but remember when I missed all those shots?

Thinking that the worst possible thing is going to happen.

I'm late to swim practice. I'm going to get kicked off the team!



## Mind Reading

## Labeling

Believing that you can tell what others are thinking about you.

No one said anything about my new shoes. They must all hate it!

Calling yourself a name because you didn't reach a goal or because you made a mistake.

I didn't put my name on my homework. I'm so dumb!



## Personalization

## Black or White Thinking

Thinking that things have to be perfect or else it is a failure.

I got a B on my math quiz. It might as well be an "F"!

Taking something that happens and making it about you.

Mom looks angry today. I must have done something wrong!



WHICH OF THESE DO YOU DO?



# Inner Faultfinder vs. Fan

Whenever you make a mistake or fail to reach a goal, the way you talk to yourself (inner voice) can change how you feel about the situation. Your inner *faultfinder* is the negative voice that says things to lower your self-esteem. Your inner *fan* is the positive self-talk that is supportive and tries to help you feel better!

Below, fill in the blank speech bubbles with what your inner fan might say about each situation.

YOU MESS UP ON A WORD WHILE SPEAKING IN FRONT OF THE CLASS.



*How embarrassing!  
Everyone is going to  
make fun of you!*

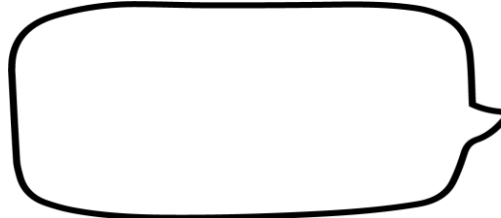
*No one even noticed!  
The rest of your  
presentation was  
awesome!*



YOU SPILL A BOWL OF CEREAL ALL OVER YOUR LAP AT BREAKFAST.



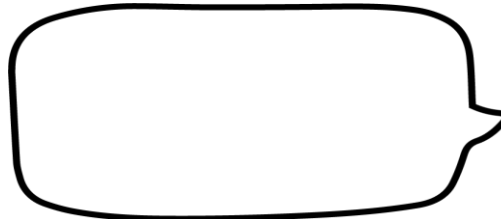
*This is going to be a  
horrible day! You might  
as well stay home.*



YOU DIDN'T GET THE PART IN THE PLAY THAT YOU TRIED OUT FOR.



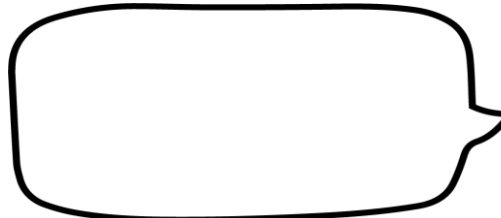
*All that hard work for  
nothing! You'll never  
be successful!*



YOUR DAD IS UPSET BECAUSE YOU FORGOT TO DO THE DISHES AFTER DINNER.

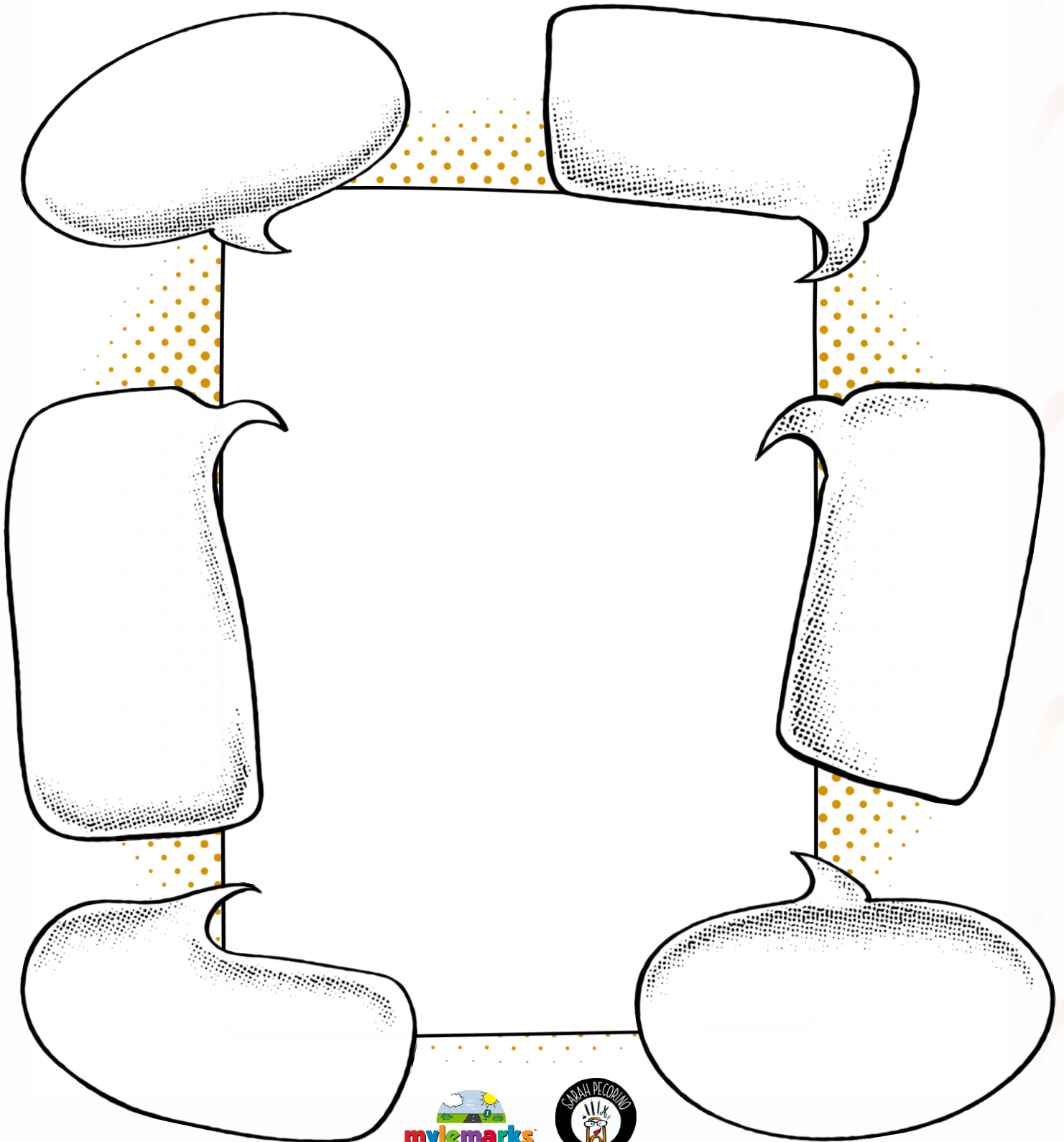


*Even your own family  
doesn't like you. How  
can you expect anyone  
else to?!*



# Your Inner Fan

Create your own inner fan! In the box below, draw and color a picture of your inner fan. What supportive and positive things would your inner fan say when you're feeling low or down about yourself?

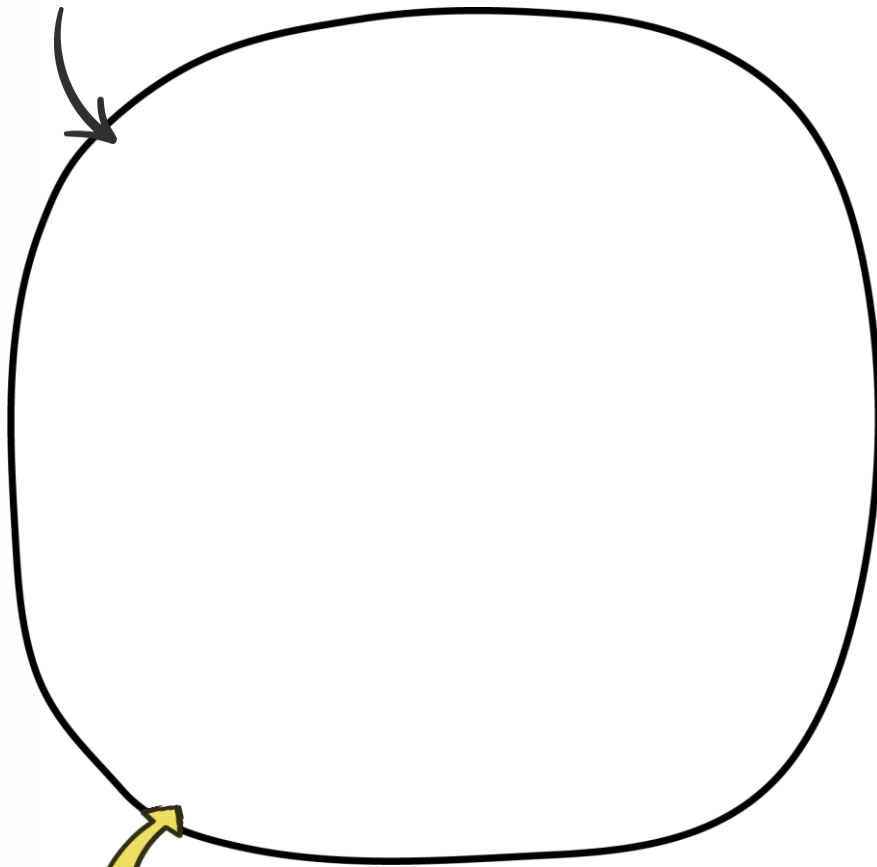


# In My Circle

The people that you are around the most play a big part in your self-esteem. These can be your friends, family members, teammates, or other people that you see a lot during the week. The things they say or do can help you feel better or worse about yourself. In the circle below, write in the names of the people who make you feel good about who you are. Outside the circle, write down the people who hurt your self-esteem.

## Inside

These are the people who lift your self-esteem! They are kind, supportive, and encouraging to you. They give you compliments, but are also honest with you.



## Outside

These are the people who put you down and make you feel worse about yourself. These could even be friends, teammates, or family members.

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You want to spend more time around the people in your circle. They are the ones that help you see all of your positive qualities! They are also honest with you and give you helpful feedback.

You want to spend less time around people who don't make you feel good about yourself. It may be helpful to share with them how their words or actions make you feel.



# Responding to Hurtful Comments

So, how can you respond when people say hurtful things that bring down your self-esteem and make you feel bad about yourself? Keep reading to see a few tips on how to respond to unkind comments.

# 1

## IGNORE



When people say hurtful things, sometimes the best thing to do is ignore the comment. You should ask yourself, "Is it going to be helpful if I respond to this person?". Sometimes, people say these things to make you feel sad or angry and to see how you respond. If you don't give them a reaction, then they don't get what they want!

# 2

## SHARE YOUR FEELINGS



Depending on who made the comment, it may be helpful to respond by sharing your feelings with them. You can say, "It really hurts my feelings when you say things like that" or "I really don't like it when you call me that." When you share your feelings, make sure to stay calm and speak respectfully.

# 3

## RESPOND WITH A COMEBACK



A comeback is a short, sometimes funny, reply to a hurtful comment someone makes. A comeback takes away the power of what the person said. It shows them that you're not going to take their comment seriously. For example, if they say, "You're really weird!", you can reply, "Thank you! Being normal is pretty boring" or "Yep! Being weird is my superpower." You *do* have to be careful sometimes when you respond with a comeback because this could make the other person upset.

No matter how you respond, hurtful comments can still make you feel sad and upset. Whenever you feel down, ask yourself, "What would my *inner fan* say?" (pg. 14). Remind yourself of your positives (pg. 9) and think about what your loved ones would say (pg. 10). Remember that what someone says is just their opinion, and it doesn't mean that it's true!



# Positive Affirmations

Affirmations are positive things that you say to yourself to help you feel encouraged and confident! Instead of focusing on your unhelpful thoughts, you can use a positive affirmation to remind you of your strengths and how great you can be. Read the examples below, and then come up with your own affirmations.

I am becoming more confident each day!

I believe that I can do great things if I try really hard!

I love myself no matter what!

I have something special to share with the world!

I'm not perfect, but I am enough!

Come up with your own affirmations! Think about statements that would make you feel powerful and confident. Remember to stay positive!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## TIPS!

Keep these affirmations somewhere you can see them every day. It is helpful to begin each day by reading them to yourself out loud.





You can also memorize your affirmations and repeat them at different times during the day whenever you need a self-esteem boost!



# Triumph Tracker

Another way to lift your self-esteem is by keeping track of all the good things you do during the week. You'll end up seeing that you achieve more things than you may think! Use this page to keep track of all of your accomplishments, compliments, and successes during the week.

Week Of: \_\_\_\_\_

 <b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b> 	
<b>THURSDAY</b> 	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b> 

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# Change Plan

Sometimes your self-esteem might be low because there are things about yourself that you would like to change. It's OK to want to make changes or improve certain things to feel happier and more confident. For example, if you're someone who is quiet around others, maybe you want to learn to speak up more and share your ideas and opinions. You want to make sure that these are things that you can control and that you're only making changes because YOU want to, not because of other people.

WHAT ARE SOME THINGS THAT YOU WOULD LIKE TO IMPROVE OR DO DIFFERENTLY?

What do I want to change?

What would be different if I made this change?

What steps do I need to take?

What do I want to change?

What would be different if I made this change?

What steps do I need to take?



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# Remember

Your self-esteem is shaped by many things. Your experiences and the people in your life can help or hurt how you feel about yourself. Remember that *you* also play a huge part in your self-esteem! People can say whatever they want about you, but *you* get to decide what you believe is true.

We are all special in our own way! You have things about you that make you unique and different from other people, and you shouldn't be made to feel bad about that. The more you learn to love yourself just the way you are, the happier you can be. There are some things that you may never do as well as other people, but remember that there are things that you do better than most. You don't have to be perfect in the things that you do; you just have to give it your best try!

Along the way, there will be people who do or say hurtful things to you, and there will be times when you fail to reach a goal. You'll need to continue to practice the skills you've learned in this book. The more you practice, the better you'll be able to respond when something or someone hurts your self-esteem. When situations happen to get you down, remember that *stinkin' thinkin'* or listening to your *inner faultfinder* will only make you feel worse about yourself. In those moments, ask yourself, "What would my *inner fan* say?" You can also use your positive affirmations to feel encouraged and confident!

Make sure to surround yourself with people who make you feel good about yourself. When they say nice things about you, believe it! You also want to be someone who makes others feel happy about who *they* are. Be supportive and encouraging to others whenever you get a chance. Your words can help to boost their self-esteem!

Life is filled with lots of challenges, but that's what helps you learn and grow. You can do hard things! You succeed more than you fail everyday. Make sure to remind yourself of that!



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