

SELF-ESTEEM

Self-esteem is having confidence in who you are and what you can do. It is also having respect for yourself. It is important to have high self-esteem so you know you have self-worth and are important.

List three things you like about yourself:

List three things you are good at:

List three things you are proud of yourself for:

If you are having issues with self-esteem, please talk to your school counselor for help improving it.

