

Name \_\_\_\_\_ Period \_\_\_\_\_

### 10 Tips for Improving Self-Esteem

View the film clip: 10 Tips for Improving Self-esteem and answer the following questions.

1. Stop comparing yourself to others.

List 8 things that you like about yourself; it may include things like: my smile, athletic, smart....

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|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

2. Keep your thoughts positive.

List 5 things you do well: it may include things like...I like people, I work hard; I am an excellent reader....

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|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ |          |

What is one statement that you could use to help keep you on a positive self-talk track?

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3. Accept all compliments with "thank you".

Contract with myself: I, \_\_\_\_\_, will say thank you from now on when someone compliments me and I will not follow it up with a comment that reduces my self-worth.

Signature: \_\_\_\_\_

4. Feed yourself with positive input.

List one thing you will do to feed yourself positive reinforcement: Example: I will view Utude motivational videos. Name of video: Nic Vujicic

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Other ideas may be to find inspirational quotes, read a good book, create something.....

5. Associate with supportive people.

Make a list of all the supportive people in your life:

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Are there people who make you feel bad about yourself? Yes or No (circle one). What do you plan to do to improve upon this problem?

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6. Make a list of past successes.

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7. Celebrate your qualities. Make a list of the qualities that describes you...I like my hair, I am athletic, I play softball well, I am a good reader, I am honest, I enjoy helping others, etc. \_\_\_\_\_

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8. Do good for others. Think of someone you know that needs help. List one thing you could do for this individual. \_\_\_\_\_

9. Find your passion: List your talents, what do you enjoy most.....

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10. Be you---and don't apologize! List 5 things that describes your moral (to do the right thing) character. 1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_

What do you need to improve upon? \_\_\_\_\_