



**Presents**

# Understanding & Practicing Self-Love!

Part 1: Self-Esteem



February 2022



“Self Esteem means knowing ***you are the dream.***”

**Oprah Winfrey**

**LESSON: If you can dream it, then you can achieve it.**

# WELCOME Agenda

## FEBRUARY'S THEME:

### Understanding & Practicing Self-Love (Part 1:Self-Esteem)

#### *Self-Love is defined as:*

- Regard for one's own happiness and well-being.

Sources: <https://www.skillsyouneed.com/ps/self-esteem.html>;

<https://www.dictionary.com>

<https://www.betterup.com/blog/what-is-self-awareness>

- Welcome and Updates (11 am - 11:05 am)
- Gratitude Reflection (11:05 am – 11:15 am)
- Session Discussion: Self-love & Self-esteem (11:15 am - 11:35 am)
- Questions from Participants and Parents (11:35 am - 11:45 am)
- EGGs Emotions Check-in (11:45 am – 11:55 am)
- March's Session: Planning and Preparing for Greatness! (11:55 am - 12:00 pm)
- Adjournment

# Aspects of Self-Love

**Self-Love:** The regard for one's own happiness or advantage; A state of appreciation for oneself that grows from actions that support our physical, spiritual, and psychological growth.

- **Self-Awareness:** Being aware of oneself, and how you interpret your actions, feelings, behaviors, or thoughts.
- **Self-Worth:** An evaluation of oneself; the sense of your value.
- **Self-Care:** Maintaining your physical and psychological self.
- **Self-Esteem:** The way you value yourself. How you feel and the opinion you have of yourself.

## It Matters!

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The evaluation of yourself, how you judge or value yourself MATTERS! How you feel and the opinion you have of yourself is consequential (significant).

## Health Issues

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A lack of nurturing self-esteem can lead to health issues such as anxiety or depression. Nurturing or a lack of nurturing your self-esteem impacts your school performance.

## Lifetime of Experiences

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To value your self-esteem is a lifetime practice. Your lived experiences are what determines the result of your self-esteem. The practice of knowing how to value yourself is good for your well-being.

ANY QUESTIONS?

# IMPROVING SELF-ESTEEM IN SCHOOL

1. Identify and Challenge Negative Beliefs: “I am not smart enough” or “I have no friends”.
2. Identify the positive things about yourself : Do you play sports? Good at mathematics / writing?
3. Build Positive Relationships: In your class, communities, church, organizations (EGGs).
4. Be Compassionate with yourself: If you get a failing grade on a test or project, what are some of the thoughts that occur? Be aware of those negative thoughts.
5. Become more assertive and learn to say no: Don't mek yuh fren dem get yuh inna trouble.
6. Improve your physical health: Find time to do 20 jumping jacks each day (at least).
7. Take on Challenges: Join clubs; serve in leadership roles; start a school blog or newspaper!

ANY QUESTIONS?

# HOW ARE WE FEELING?

***Scrambled-* confused/overwhelmed**

***Fried-* tired /exhausted**

***Hardboiled-* confident/ready to take on anything**

***Poached-* relaxed/cooling out**

**EGGsCheck-in:**

**THANK YOU!**

**Our next meeting is scheduled for March 19, 2022  
Theme: Planning and Preparing for Greatness!**