# Self-Esteem

What is self-esteem?

Self-esteem is the way you think about yourself. It's the confidence you have in yourself and your abilities. You can have high and low self esteem. Our mood can affect our self-esteem. High self-esteem would be when you feel good about yourself and you are confident in your abilities, and low self-esteem would be when you feel bad about your self and lack confidence to do things or try new things. We will all go through times where we experience low self-esteem, it's important to be able to recognise it though and to be able to spend some time to try and work on what is making you feel bad and how to solve the problem so that you can get back to feeling confident.

Rate your self-esteem

I don't feel good about myself and struggle to list what is good about me

I feel ok about myself but have room for improvement

I feel awesome and can list lot's of good things about me

If you think there is room to improve your self-esteem why not complete the next few work sheets. 1 a day is all you need to do.

I can build my self-esteem

1 thing I love about myself:
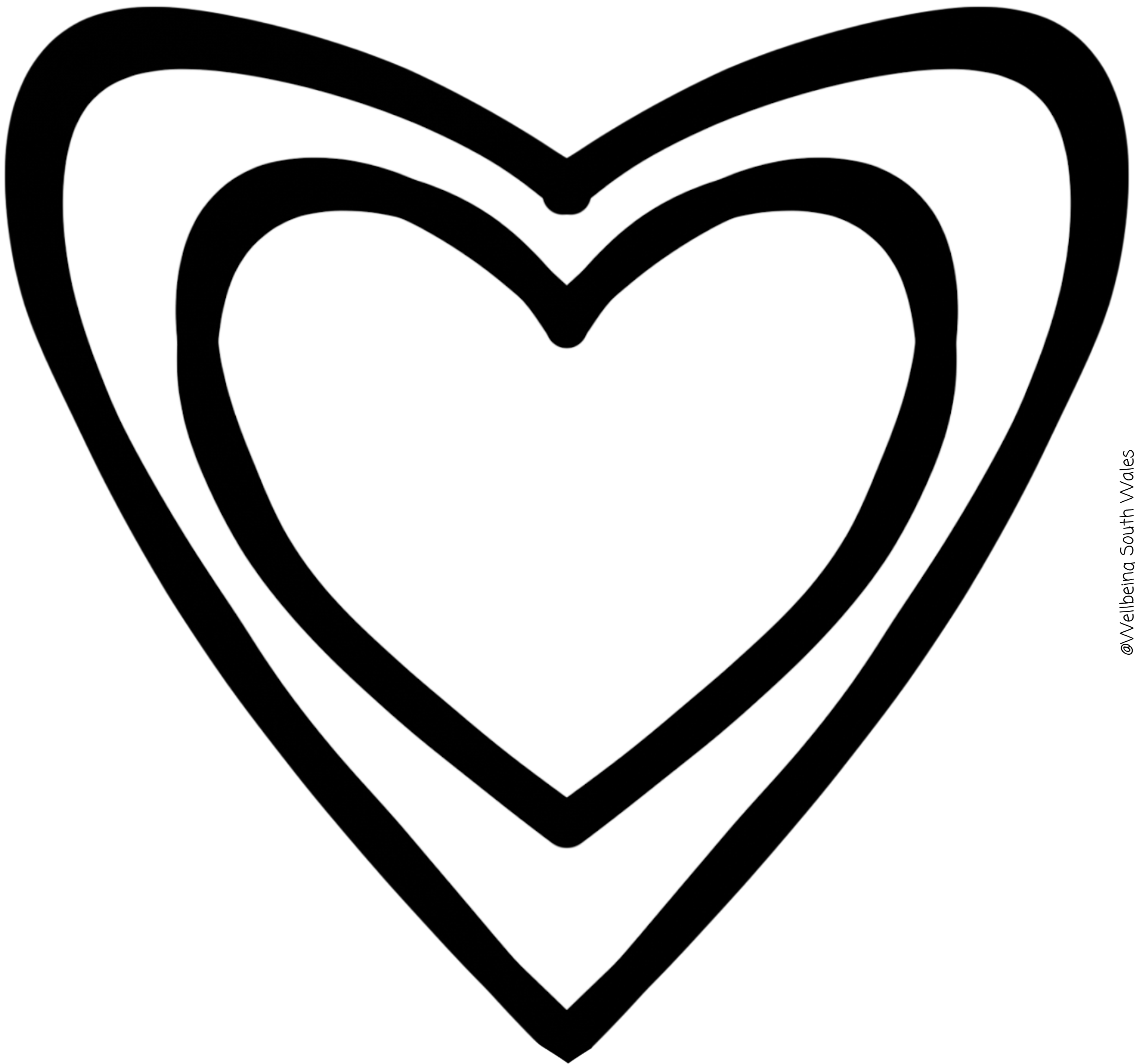
2 Fun things about me:

3 positive qualities I have:

4 was I show kindness to others:

5 things I have done well this week:

Draw or write some of the people, places or things that you love and make you feel happy

# You are amazing

Let's create some affirmations for you - follow these 2 simple steps

1. Start with

## I AM

2. End with

| | |
|---|---|
| Kind | Amazing |
| Grateful | Unique |
| Caring | Brave |
| Loved | Safe |
| Creative | Okay |
| Talented | Happy |
| Helpful | Hardworking |
| Special | Thoughtful |
| | Honest |

Now let's write down 5 affirmations

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_____

_____

_____

_____

INCREDIBLE

AMAZING

TERRIFIC