

## **SELF-ESTEEM**

Self-esteem is about self-love

How do I feel about me? How do I see me?

High self-esteem means you believe in you. You know you are not perfect and that you have a few flaws, however, you recognize all of your strengths that have molded you into the amazing person you are.

If I have High Self- Esteem you might say:

- ❖ I am important
- ❖ Without me the world could not survive
- ❖ I am special
- ❖ I am a good decision maker
- ❖ I am confident in myself

Low self-esteem is one's lack of confidence normally someone who does not care for or love themselves. Those who have low self-esteem do not feel loved, often feel uncomfortable and incompetent, and are very negative.

If I have Low Self-Esteem I might say

- ❖ I am not important
- ❖ I am lonely
- ❖ I am hated
- ❖ Nothing I do is right
- ❖ Why am I here

If you are a person with High self-esteem you don't mind being your own person. Your differences are what make you so awesome and you know it. You love yourself, you trust in your morals and standards, and you are not moved by what people say or do.

You are you and you do not allow anyone to force you to be who they want you to be.

You do not give into peer pressure.

It is ok to make friends and hang out and be a part of the crowd. Meeting people and being a part of the crowd is how you learn about people and what is going on around you.

Having role models and looking up to others is perfectly normal. However, don't forget who you are and what your goals are.

Make sure what you are giving in to and investing in, is positive and is not going to hurt you in the long run.

For instance, everyone is doing drugs and drinking alcohol, and that's not what you do, but you want to be a part of the crowd, so you do. This is not you being your own person.

People will respect you for being your own person.

Ways to build high/positive self-Esteem

- ❖ Always respect yourself and (all) others All others means everyone, those you like and dislike and those who like and dislike you
- ❖ Be your best and do your best at all times
- ❖ Know who you are and realize how valuable you are
- ❖ Stay away from negative influences
- ❖ Consume yourself with positive influences

Our past is exactly that, our past, and it does not define us. Our past is a stepping stone into our future because we should have learned from past mistakes which means now we know what not to do so lets focus on what we should do and what we could be doing.

Here are some important things we can say about our past.

- ❖ I refuse to feel guilty for what I have done in my past. I have already paid for that and I am moving forward.
- ❖ I forgive myself for what I have done in my past and I am moving forward.
- ❖ I forgive those who I trusted and believed in who have hurt me in the past and I am moving forward.
- ❖ I want everyone I have hurt to forgive me so I can move forward. If it is possible, you should reach out to everyone you have hurt and apologize for what you have done. You don't have to go into detail, but a sincere apology will fix anything. If you cannot reach them, you can still apologize within and forgive yourself for what you have done to others and now you can move forward.

Once you forgive others you cannot bring up what happened anymore. This does not mean you forget what happened, and it does not mean we have to be best friends or talk all the time, but it means I genuinely and sincerely forgive you for what happened.

And once you forgive yourself for what you have done in the past you need to let it go and move forward with your life. Again, let go of the guilt and shame. Your past experiences should not stop you from moving forward with your future endeavors.

What does moving forward look like?

- ❖ Practice being pleasant and enjoying the new you and the people you surround yourself with
- ❖ Look for the good in everyone you come in contact with.
- ❖ Demand others to display positive energy when they are in your presence and if they want to do otherwise you do them a favor and remove yourself – you cannot afford to be a part of their negative energy

Now its time to plan your goals

What is your plan? What are your long-term goals?

- ❖ Write your plan and make it plain
- ❖ Set goals and give them dates to hold yourself accountable
- ❖ Make your plan and reaching your goals your priority
- ❖ Self-assess monthly to make sure you are on track. Modify what is not working and continue to move forward in that which is working.
- ❖ Take risks
- ❖ Challenge yourself
- ❖ Keep record of all your successes

Self-Recognition is very important it is ok to remind yourself how well you've done and how far you've come – its ok to reward yourself for the amazing things you've done

- ❖ I will acknowledge all my accomplishments
- ❖ I will always do my best
- ❖ I will encourage myself daily and never forget how valuable I am
- ❖ Great things are about to happen for me
- ❖ Every day I wake up is another day for me to implement my plan and watch success happen in my life.

Self-love – loving ourselves will help us to keep our self-esteem high. And once we love ourselves, we can move forward in life with our plans and goals that will help us love others and be successful.

**Activities:**

1. Write your first name vertical on your sheet paper. Beside each letter of your name you have to write a positive word (only positive words). Say your name and then share what you wrote for each letter. (Example attached)
2. Self-esteem Questions Worksheet
3. Look in the mirror and practice smiling and looking pleasant.
4. Practice saying positive words and sentences with a partner.

C – Charming

H – Happy

A – Awesome

R – Respectful

M – Mindful

A – Amazing

I – Intelligent

N – Nice

E - Extraordinary