

SELF-ESTEEM

- 1. What Is self-esteem?**

- 2. How do you feel about yourself? How do you see yourself?**

- 3. What is high self-esteem?**

- 4. Someone with high self-esteem might say what?**
 - 1.**

 - 2.**

 - 3.**

 - 4.**

 - 5.**

- 5. What is low self-esteem?**

- 6. Someone with low self-esteem might say what?**
 - 1.**

 - 2.**

 - 3.**

 - 4.**

 - 5.**

- 7. According to the video what makes a person so awesome?**

- 8. What are your differences?**

9. What is something you should not give into?

10. Is it ok to make friends?

11. Is it ok to be a part of the crowd?

12. Do you have any role models?

13. Who are they?

14. Make sure what you are giving into and investing in, is _____ and is not going to _____ in the long run.

15. How can you build high/positive self-esteem?

- 1.
- 2.
- 3.
- 4.
- 5.

16. According to the video, what is our past?

17. What are some things we can say about our past?

- 1.
- 2.
- 3.
- 4.

18. When you forgive others, should you continue to bring up the past?

19. Once you forgive yourself should you feel guilty and be ashamed for the rest of your life?

20. What does moving forward look like?

1.

2.

3.

21. What are your plans?

22. What are your long-term goals?

23. What is self-recognition and why is it important?

24. What was our lesson about today?