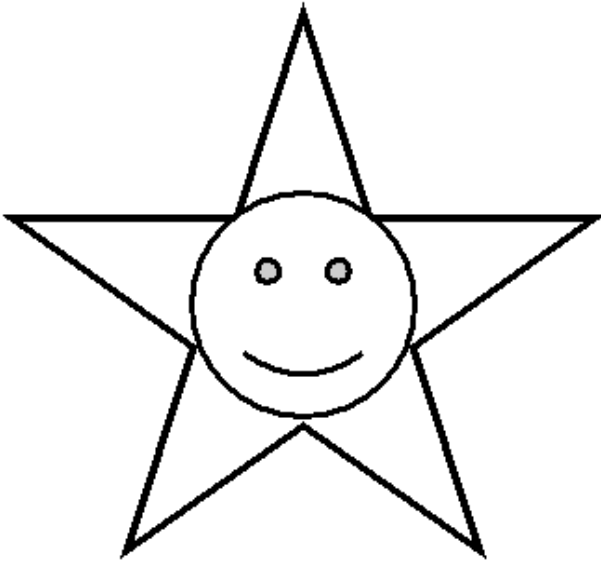


I, Myself and Me



My Self-Esteem Workbook

Name: _____

Part 1. Defining Me

The purpose of this exercise is to encourage you to start thinking about what makes you the unique person that you are.



Complete the following:

My favourite food

My favourite song/music

My favourite place

An important person in my life

My favourite possession

A group I belong to

My favourite pastime

A dream for the future

Something I dislike

Something I'm good at

Part 2. 'I am...?'

Think about some other ways you could describe yourself. Complete a few 'I am' statements. Include skills or characteristics, likes/dislikes, and groups or teams you belong to.



Some examples are: 'I am a brother/sister'

'I am a good listener'

'I am against nuclear weapons'

'I am a member of the soccer team'

'I am a chocoholic'

Key message

It's OK to be who you are
— to be individual
— to not be good at everything. It makes you UNIQUE.

I am

I am

I am

I am

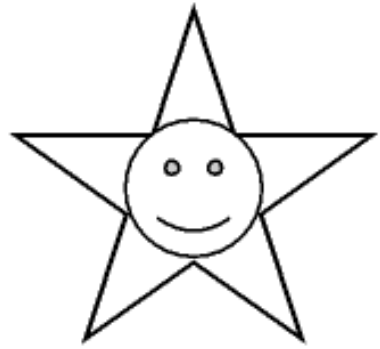
I am

I am

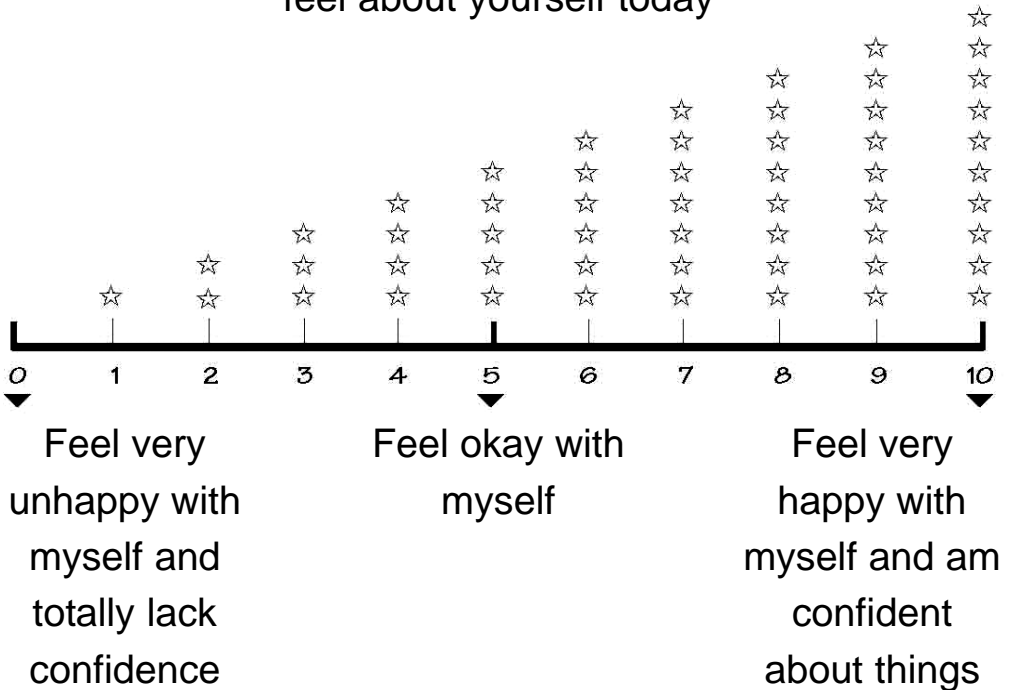
I am

I am

My Self Star Rating



On a scale of 0 to 10 rate your self-esteem or how you feel about yourself today



My Self Star Rating is _____

Reflection

Rate your current self-esteem using the Self Star Rating.

Number of stars

										
	1	2	3	4	5	6	7	8	9	10

Do you think listing some personal strengths made you feel differently about yourself? If so, why might this be?

Of the five self-esteem contexts — *social, school, family, personal characteristics and interests/sports* — which are the most important to you and why?

Write down two or three things that you believe are most important for building self-esteem.

My Strengths

Below are some personal strengths that are divided up into the five broad 'self-contexts' that are often used by young people. They may or may not be appropriate for you.

1. Circle any of the strengths that may be appropriate for you.
2. Then add some of your own strengths in each area.

Social	Interests/sports
<ul style="list-style-type: none">I am a caring friendI listen when others have a problemI get along with othersI have friends I can rely onI do fun things with others	<ul style="list-style-type: none">I play a sportI work well in a teamI enjoy listening to musicI have a hobby/interestI like to be creative
Family	School
<ul style="list-style-type: none">I help around the houseI try to get along with my familyI help look after a pet	<ul style="list-style-type: none">I try to do my bestI have a subject I enjoyI contribute in classI enjoy learning new thingsI am involved in school activities
Personal characteristics	
<ul style="list-style-type: none">I am not afraid to ask for helpI try to think about others' feelingsI try to finish things that I start	<ul style="list-style-type: none">I listen to other people's opinionsI have a sense of humour



Key message

Remind yourself, 'I am an OK person. I do have strengths'. It's true!

Homework

Over the next week, use the Self Star Rating again to take regular ratings of your self-esteem. Pay attention to how your star ratings change. In particular, write down the things that help you to feel good over the next week.

	What helped me feel good:
Sunday 	
Monday 	
Tuesday 	
Wednesday 	
Thursday 	
Friday 	
Saturday 	

Self-esteem

- The way you feel about yourself, or how you rate yourself is called self-esteem. Self-esteem is to do with accepting yourself, feeling confident, and liking yourself.
- Everyone's feelings about themselves can change from day to day, and are affected by many different situations and events.
- Nobody feels good about themselves all the time. Self-esteem is not fixed and it can and does change.
- People sometimes respond differently to the same event — how we feel about ourselves is partly affected by the expectations we have of ourselves.



Adapted from a resource
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