WORKSHEET 1

What does self-esteem mean to you?
<u>Instructions:</u> For every phrase, write an example on how you can improve your self-esteem.
1. Be nice to yourself.
2. Remember that everyone makes mistakes that means me too.

3. Do what makes you h	appy.
	4. Be around people supportive friends and family.
5. Be a good friend.	

Parent's/Guardian's signature.....