



How do you take care of yourself?

01 Check (✓) the statement that most accurately describes your feelings about yourself.

☐

1. I generally believe in myself. I don't let a bad day get me down about myself.

☐

2. I sometimes have days when I don't feel positive about myself and my accomplishments.

☐

3. I often feel bad about myself, what I have done and my achievements. It is rare for me to have a positive day.

02 Read "Chin up." Write the paragraph number next to the statement or recommendation.

- _____ Spend time with people who support you.
- _____ Appreciating your appearance can make you feel more confident.
- _____ Repeat daily affirmations.
- _____ Positive self-esteem can be developed.

03 Read the text again. Write "T" if the statements are true and "F" if they are false.

- We are born with high self-esteem. ☐
- Taking care of your physical health can improve your self-esteem. ☐
- People with high self-esteem never acknowledge their flaws or shortcomings. ☐
- People you trust may still tell you about your shortcomings. ☐



Chin up

- High self-esteem helps us achieve happiness and success and **overcome** challenging moments. We aren't born with it, but it can be **cultivated** over time by following specific strategies.
- The first is to be consistent with self-care routines, including eating healthily, getting enough sleep, and exercising. Even wearing clothes that you like and decorating your space in a manner that is unique to you can reinforce feelings of self-love. If you are out of shape, don't like your appearance, or are exhausted, you are more likely to experience feelings of **insecurity**.
- While being honest with yourself about your imperfections and shortcomings is normal, it is not helpful to focus too much on them. Getting rid of negative self-talk and replacing it with positive statements can help reshape a pessimistic mentality. Our thoughts reinforce our opinions, so the more we think **approvingly**, the more positive we become. One way to incorporate positive thinking is through daily **affirmations**. Writing down positive statements about yourself to repeat daily will help you transform your mindset.
- Finally, being surrounded by people who understand and appreciate you for who you are is vital. If someone constantly puts you down, they don't help you promote a healthy sense of self. Instead, **envelop** yourself with people you trust and feel safe around. If they value you, you can request honest feedback and trust that their opinions aren't from a place of envy or hurt, and you will begin to notice transformations.



04 Complete the sentences to create positive affirmations. Get feedback from a classmate you trust to see if they are truly positive.

- I am worthy of _____
- I have the right to _____
- I have the power to _____

05 Write “V” if the underlined word is a verb and “N” if it is a noun.

1. My cousin is always emailing me self-help articles.

2. I just sent you an email with some sample affirmations.

3. Sofia texted me the info about how to combat insecurity.

4. I found the text very helpful.

5. She set the list of discussion points on the table.

6. Although we were going to talk about mindfulness ideas at the meeting, it got tabled for a later session.

06 Write your commitment to improving your self-esteem.

WHERE DO YOU SEE YOURSELF IN 10 YEARS?



07 Circle the correct word to complete the sentences.

- Parents and teachers **dialogue** / **dialogued** at last night's meeting about the best strategy for helping students.
- The school staff are having a **dialogue** / **dialoguing** to see how to improve students' self-esteem.
- Susan **wave** / **waved** away her friend's concerns.
- Fernando watched a **wave** / **waved** crash onto the shore while relaxing on the beach.
- Harriet **pencil** / **penciled** me in on her schedule for next week.
- Mark always finds it relaxing to sketch with a **pencil** / **penciled** and paper while at the park.

08 Check (✓) which strategies you will try to improve your self-worth. With a classmate, discuss which strategies you find most/least helpful and why.

- Improving my self-care routines
- Surrounding myself with people I trust
- Creating a list of affirmations and repeating them every day
- Ensuring my self-talk is more positive