

# SELF ESTEEM

I am What I Believe about Myself

Do You Have a Healthy Perception?

## Lesson Summary

Teacher: 30 Minutes

To build positive pathways to a healthy self-awareness and attitude.

### Define it:

Self-perception is basically how you see yourself! It's like a positive or negative structure around you that can protect or hurt you. Having a good one starts at home, but unfortunately, many people grow up without hearing positive things about themselves. The remedy for that is to begin to change your self-perception today. If you think negatively about yourself, it will affect the way others treat you and also hurt you; so if this is how you see yourself, please let your teacher or someone who cares about you know so that you can change your self-perception!!

### Let's Look at an Example.

You are going for a job interview, and the boss asks you to explain why you would be a good employee. You stumble over the question, meaning you can't answer it because you feel uncomfortable talking about your good qualities. Everyone has good qualities. Sometimes you have hidden them so deep because of negative circumstances and situations that you need to take time to uncover these hidden gems!

### Let's Look and Discuss.

Negative thoughts can be dug up and replaced by thinking about who you are and how you started. Good qualities can be small and powerful or large and powerful. Knowing how to dress well, having good manners, being a good problem solver, working well with kids, working well with older people, the list is endless!!

# Let's Play the LIFE GAME (Directions)

**Teacher, please do this yourself on the board.**

Take a piece of paper, fold it in half, and then fold it again into four big boxes. At the top of each box, write out five years of your life. For example, the first box will have “0-5 years old,” and the second box will have “5-10 years old.” Write the corresponding age in the other two boxes. In each box, write out four things you know from your experience, knowledge, or memories that you did or how you acted. Children start optimistic and excited about life, but sometimes life is harmful.

What things did you do as a child? Can you pinpoint good memories that are still a part of who you are? Can you pinpoint something that may have been traumatic in your life, that was that first negative brick in that structure around you to protect you? Can you determine when harmful bricks started to become a part of the structure?

Write down some of those good qualities:

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Here are some other ways you can break down the negative bricks or thoughts that have become a part of your structure and start to build positive ones!



## **Write down your goals for each day.**

**Starting tomorrow, choose to spend time looking at your goals every night before you go to bed.**

**Have a teacher you trust go over your goals with you to make sure you stay focused and determined to achieve them.**

**Surround yourself with people who are supportive of your goals and who will encourage you to keep going even if some days you feel like you want to give up!**



**Video and Discussion: Self Worth – 10-15 Minutes**



# **I Am What I Believe about Myself**

**Write out your goals for Tomorrow:**

**Goals: My House (chores, my family)**

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**Goals: My classwork assignments (being in class, completing homework)**

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**Pay attention to your thoughts and feelings about yourself. Now focus on removing negative mind bricks and replacing them with positive ones by answering these questions.**

**Who are the three most important people in your life?**

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**Are they supportive of you?**

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**On the back of this page, put together a plan to begin to speak positive words over yourself like “ I am smart, I am capable, I am going to pass this test!!, I am going to be successful!” Think about your future and what you want to do—I am going to do well in college or trade school.**

**You're in charge of YOU!! Be nice to yourself!!**

**After you complete this assignment, take it home to remind yourself.**