Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pd\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chapter 3 Lesson 1 Developing your Self-Esteem Cornell Notes**

**Standard 1,1.a. Students will recognize how personal self-concept relates to interactions with others.**

|  |  |
| --- | --- |
| **A. Define Mental/Emotional Health**  **B. What are the characteristics of good mental and emotional health?**  **C. Define Resilient**  **D. Define Self-Esteem**  **E. Define Competence**  **F. Define Self-Talk**  **G. How can you improve your self-esteem?**  **H. Maslow’s Hierarchy of needs**  **I. Define Self-actualization** | 1. The ability to accept your-self and others, express and manage emotions, and deal with the demands and challenges you meet in life.  1. Sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. Sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ outlook  4. Self-sufficiency (having confidence to make responsible decisions that promote your sense of independence and self-assurance)  5. Healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  1. Choose friends who value and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you  2. Focus on the\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ aspects about yourself  3. Replace negative self-talk with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ self-talk  4. Work towards accomplishments rather than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  5. Consider your mistakes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ opportunities  6. Try new activities to discover your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  7. Write down your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the steps you will take to achieve them  8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ regularly to feel more energized  9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_your time to help someone  10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the things you can’t change, and focus your energy on changing the things you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  1. Level 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_l-need to satisfy basic needs of hunger, thirst sleep and shelter  2. Level 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- need to be secure from danger  3. Level 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- need to be loved and need to belong  4. Level 4: Feeling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- need to achieve, need to be recognized  5. Level 5:Reaching \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- need for self-actualization  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Purpose:**

To self identify areas that you can work on that will help you to improve your self-esteem (how much you value, respect and feel confident about yourself).

1. I choose friends who value and respect me.

a. always b. sometimes c. never

2. I focus on the positive aspects about myself.

a. always b. sometimes c. never

3. I replace negative self-talk with positive self-talk

a. always b. sometimes c. never

4. I work toward accomplishments rather than perfection

a. always b. sometimes c. never

5. I consider my mistakes learning opportunities

a. always b. sometimes c. never

6. I try new activities to discover my talents

a. always b. sometimes c. never

7. I write down my goals and the steps it will take to achieve them

a. always b. sometimes c. never

8. I exercise regularly to feel more energized

a. always b. sometimes c. never

9. I volunteer my time to help someone

a. always b. sometimes c. never

10. I accept the things I can’t change and focus my energy on the things I can.

a. always b. sometimes c. never

**Questions**

1. Look at the statements above. Pick one statement that you circled never

(or sometimes **IF** you did not select never for any of your answers) and answer this question: What can you do improve this in your life? (minimum 3 sentences).

2. Summarize why positive self-esteem is important for teens (minimum 3 sentences).

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