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**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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ outlook4. 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you2. Focus on the\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ aspects about yourself3. Replace negative self-talk with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ self-talk4. Work towards accomplishments rather than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_5. Consider your mistakes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ opportunities6. Try new activities to discover your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_7. Write down your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the steps you will take to achieve them8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ regularly to feel more energized9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_your time to help someone10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 shelter2. Level 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- need to be secure from danger3. Level 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- need to be loved and need to belong4. Level 4: Feeling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- need to achieve, need to be recognized5. Level 5:Reaching \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- need for self-actualization1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**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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