

Suggested Development Activities for SELF-ESTEEM

- Talk to someone you respect who knows you well. Ask them to help you identify some of your unique strengths, skills, and talents. Write them down in your journal.
- Identify a need in a group that you belong to and make a goal to develop yourself in a specific way this month that can help fill that need (examples: 1. friends are spending too much time playing video games: learn about a new physical activity that you could get the group involved in 2. your workplace environment is cluttered and disorganized: Improve your personal organization and lead and effort to clean up the office environment.)
- Write in your journal as many reasons as you can think of that it is important to be interested in other people and listen to other people.
- Write a sincere note of appreciation to someone.
- In your conversations with others, practice taking interest in them; listen, ask questions, and let them talk about themselves.
- Think of a way that you can serve or do kindness for a group that you belong to and do your best to do it without receiving any





recognition or reward. Can you do it in a way that others will notice it was done, but not figure out who did it?

- Create your own self-esteem development activity. Talk to your instructor or parents if you need additional suggestions.

