

Name _____

Building Your Self-Esteem: The Key to Confidence

Multiple Choice Questions

1. What is self-esteem?
 - a) A treasure chest
 - b) A magical plant
 - c) The way you see and value yourself
 - d) A building's foundation

2. Why is self-esteem important?
 - a) It helps you become a better gardener.
 - b) It affects how you feel about yourself and how you handle challenges.
 - c) It makes you perfect and without flaws.
 - d) It determines your physical health.

3. How can you challenge negative thoughts to build self-esteem?
 - a) By ignoring them
 - b) By avoiding challenges
 - c) By paying attention to negative self-talk and replacing it with positive affirmations
 - d) By criticizing yourself harshly

4. Why is it essential to practice self-care in building self-esteem?
 - a) Self-care has no impact on self-esteem.
 - b) Self-care helps you feel valuable and appreciated.
 - c) Self-care is only about physical health.
 - d) Self-care is a waste of time.

5. What does practicing self-compassion involve?
 - a) Treating yourself with kindness and understanding, especially when you make mistakes or face challenges
 - b) Being overly critical of yourself
 - c) Ignoring your mistakes
 - d) Avoiding all challenges

