Name _____

Building Your Self-Esteem: The Key to Confidence

Short Answer

1. Explain why setting realistic goals is important in building self-esteem.

2. How can surrounding yourself with positivity contribute to higher self-esteem?

3. Provide an example of how you can practice self-care to nurture your self-esteem.

4. Describe a situation where self-compassion helped you handle a mistake or setback in a more positive way.

5. Why is seeking support from friends, family, or a counselor important when working on your self-esteem?

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