Name _____

Boosting Your Self-Esteem: A Journey to Confidence

Short Answer

1. Name one factor that contributes to self-esteem other than self-image, self-worth, self-confidence, or self-respect.

2. How can setting realistic goals help improve self-esteem?

3. What role does physical activity play in improving self-esteem?

4. Why is it important to seek support from trusted individuals when working on improving self-esteem?

5. How can helping others contribute to an individual's self-worth?

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