

Name \_\_\_\_\_

## Building Your Self-Esteem: The Key to Confidence

### Open-Ended Response Questions

1. Share a personal experience where you successfully challenged negative thoughts and replaced them with positive affirmations. How did this change in thinking affect your self-esteem?
2. Reflect on a time when practicing self-care had a significant impact on your self-esteem. How did taking care of your well-being improve your confidence and overall outlook on life?
3. Imagine you have a friend struggling with low self-esteem. Provide three practical pieces of advice you would give them to start building healthier self-esteem.
4. Discuss a situation where you helped someone else improve their self-esteem through acts of kindness and support. How did your actions contribute to their self-worth and confidence?

