

Name _____

Boosting Your Self-Esteem: A Journey to Confidence

Open-Ended Response Questions

1. Describe what self-esteem is and why it is essential for an individual's well-being.
2. Provide an example of negative self-talk and explain how someone can challenge it.
3. How can practicing self-compassion help improve self-esteem?
4. Explain the connection between setting realistic goals and self-esteem.

