

Name _____

Building Your Self-Esteem: The Key to Confidence

Multiple Choice Answer Key

1. c) The way you see and value yourself
2. b) It affects how you feel about yourself and how you handle challenges.
3. c) By paying attention to negative self-talk and replacing it with positive affirmations
4. b) Self-care helps you feel valuable and appreciated.
5. a) Treating yourself with kindness and understanding, especially when you make mistakes or face challenges

