

Name _____

Building Your Self-Esteem: The Key to Confidence

Short Answer Key

1. Setting realistic goals is important because it allows you to experience a sense of achievement and success. Achieving these smaller goals can boost your confidence and contribute to higher self-esteem.
2. Surrounding yourself with positivity can boost your self-esteem because positive influences can provide encouragement, support, and validation. These positive interactions can reinforce your self-worth and confidence.
3. Practicing self-care can involve activities such as taking a relaxing bath, reading a book, going for a walk, or spending time doing hobbies you enjoy. These activities help recharge your physical and emotional well-being, leading to increased self-esteem.
4. Self-compassion helped me handle a mistake by allowing me to acknowledge it without harsh self-judgment. Instead of beating myself up over the error, I reminded myself that making mistakes is a part of being human and an opportunity for growth. This approach made me feel less discouraged and more motivated to learn from the mistake.
5. Seeking support from friends, family, or a counselor is essential when working on self-esteem because they can offer guidance, provide a listening ear, and offer a different perspective. Their support can help you feel understood and encourage your journey to improved self-esteem.

