

Name _____

Boosting Your Self-Esteem: A Journey to Confidence

Short Answer Key

1. Possible answer: Self-compassion.
2. Possible answer: Setting realistic goals allows you to achieve them, which boosts your self-confidence and self-esteem.
3. Possible answer: Physical activity releases endorphins, which are natural mood lifters, leading to improved self-esteem and overall well-being.
4. Possible answer: Seeking support provides an opportunity to share your thoughts and gain perspective, which can be helpful in boosting self-esteem.
5. Possible answer: Helping others can give a sense of purpose and accomplishment, which increases self-worth.

