

Self-esteem is all about your self-belief, which is how confident you feel and how happy you are with your life.

If you feel very negative about yourself and your life then you may have low self-esteem, which might look like this:

- You don't like trying out new things
- You give up easily
- You don't spend time on your talents
- You compare yourself to others
- You tend to be pessimistic



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Challenge Pack: Self-Esteem

Raising your self-esteem can help you make the most of opportunities, feel motivated and less anxious, strengthen your relationships and feel excited about your future!

Skills in this Challenge Pack:

- **Appreciate compliments**
- **Be yourself**
- **Don't compare yourself with others**
- **Try again**
- **Don't put yourself down**
- **Focus on the positive**
- **Make use of your strengths**
- **Work on a skill or weakness**
- **Move on from setbacks**
- **Define success for yourself**



personal challenges

Appreciate Compliments

"You've done a great job!"

"Thanks! I was glad for your help!"



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If you receive a compliment, how does it make you feel?

Smile! A compliment is meant to make you feel good!

Say "thank you" because it's polite to acknowledge someone's kind words.

Sometimes, you might be able to compliment the person in return.

When someone pays you a compliment, never boast about your abilities as arrogance can make you appear quite unattractive to other people.

Don't put yourself down. If someone has complimented you, they might feel a little hurt if you don't accept their kind words.

Look out for things that your friends and family do well or have tried hard at so that you can pay compliments to others.

Try pointing out those who helped you and thank them.

Challenge

When you receive a compliment, be sure to say "thank you". Look out for things that others do which you can compliment them for.



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Be Yourself



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In what ways do you change around different people?

Make a list of people you feel at ease / not at ease with and describe about how you act around them.

Don't just copy other people (e.g. their clothes), create your own style!

Think about your personality by listing what you do and don't like, things you'd like to do or not do, and issues you feel strongly about. Mix with similar people!

Spend some time each day doing something you enjoy on your own so it doesn't matter what anyone else thinks.

Ask yourself whose opinion of you really matters and why.

Don't be afraid to voice your opinion and make your own decisions.

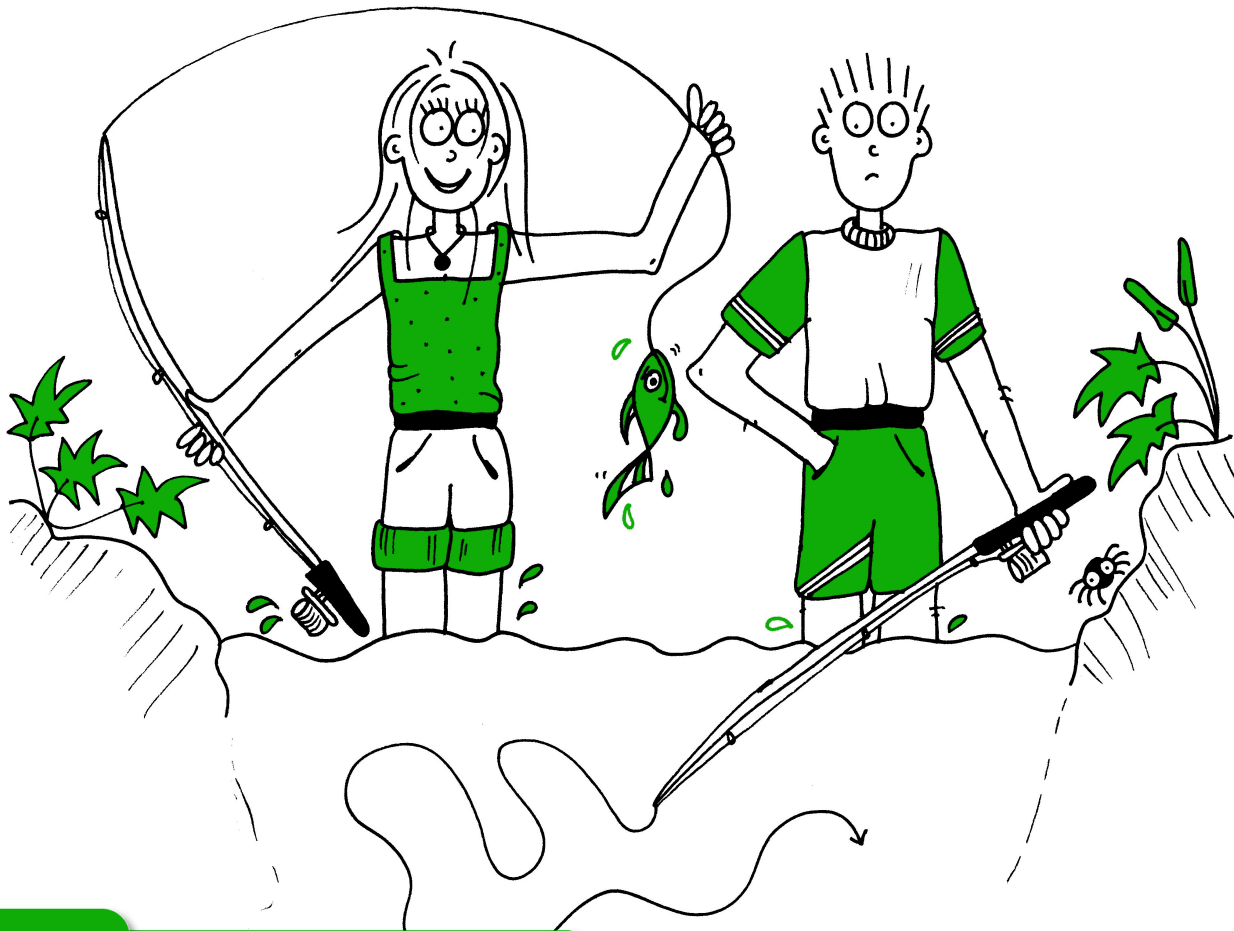
Relax! If you trip up or get your words muddled, just laugh and others will see the funny side too.

Challenge

Draw a picture or create a diagram to show whom in your life you can be most and least yourself with.

Don't Compare Yourself With Others

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"Hey, well done!
Glad we've got
some dinner!"

What are the effects of comparing yourself with others?

Take notice of when you compare yourself, with whom and why.

To feel good about yourself and your life, remember and remind yourself of your achievements or your favourite memories.

Try only comparing yourself with yourself. Judge each achievement by your previous successes, not by those of others.

Don't try to knock others down as you may hurt and lose friends. Instead, congratulate them if they do well and ask if they can teach you their skill or share their top tips.

If you really admire something about someone else, then you can make a plan to achieve it too but first consider how realistic your goal is.

Remember, others might compare themselves to you!

Challenge

Write notes of your own achievements and stick them somewhere you will see them throughout the day.



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Try Again



"I will light this campfire eventually! Dinner depends on it!"

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How do you stay motivated?

Don't dwell on past mistakes or disappointments as they may affect your confidence to keep going and try again.

Try a different way. Many successful people didn't get it right the first time they tried but they kept going and their perseverance paid off in the end.

Don't be afraid to ask for help if you think you need it.

Don't let laziness or slow progress hold you back.

Remind yourself of the goal you want to achieve. Think about how you'll feel when you achieve that goal! This should help you to stay motivated.

Do make sure your goal is realistic. It may help to come up with a plan to break down your goal into smaller steps. You can't run before you can walk!

Challenge

Make a plan with your teacher to take breaks instead of giving up.
How many? How long?



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Don't Put Yourself Down

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"I've been working really hard to improve my cooking skills!"

What impression does it give if you put yourself down?

Take responsibility and admit your mistakes but don't keep on about them by putting yourself down around others. People may grow tired of your negativity and become less supportive.

Remember the compliments people have paid you in the past.

Remember, you must practise a skill to be good at it.

Instead of putting yourself down, make a positive statement such as "I'm trying to improve!" or "Better luck next time!"

Think about why you put yourself down and whether you like how other people respond.

Have you heard of the phrase, 'fishing for compliments'? What do you think this means?

Challenge

Write down and stick up encouraging reminders for yourself (e.g. "I can do anything if I try hard enough!")



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Focus On The Positive

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"It's cold and dark outside but we're warm and dry inside!"

How can you tell that someone is feeling positive?

Focusing only on the good things will help you feel more optimistic.

Hope for the best and don't always expect the worst.

Don't dwell on mistakes or bad experiences as these can hold you back and prevent you from trying again and achieving your best.

Look at what you do have, not at what you do not have.

Spend less time with negative people. Being around positive people can lift your spirits and give you the motivation to be a positive person yourself.

When you feel down, try doing or thinking about something (e.g. a hobby) that makes you feel happy or inspired.

Focus only on things you can really change.

Challenge

Keep a daily record of all the things (large and small) that went well or for which you feel grateful.



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Make Use Of Your Strengths

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What are your strengths?

Make a list of all your strongest skills, talents and abilities. How does it feel to see this list? Are you surprised?

Ask yourself what skills, talents and abilities your family, friends and teachers might say you have.

Remember, nobody is good at everything but everyone is good at something!

Join a school club so you can spend time using and enjoying your skills and talents.

Don't boast about how fabulous you are, just let your strengths speak for themselves.

Don't think you're not good at something just because someone you know seems better. It's not a competition and you can still work hard to further improve the things you are already good at. After all, practice makes perfect!

Challenge

Make a plan to spend time enjoying and developing a skill by trying to teach somebody else.



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Work On A Skill Or Weakness

"Next time
we go
camping,
we'll be
really good
at this!"



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What would you like to be better at?

If you'd like to be better at something, make a step-by-step plan to make progress. Set yourself small goals so you feel you're getting somewhere.

Follow every negative thought with a positive one (e.g. "I didn't do as well as I hoped but next time I'll be wiser!").

Learn more with books or the internet.

Replace every "I can't" with "I can try". Just have a go; you don't know you can't do something unless you actually try.

Don't let past setbacks take over your thoughts.

Be patient, learning and improving takes time. Practice makes perfect.

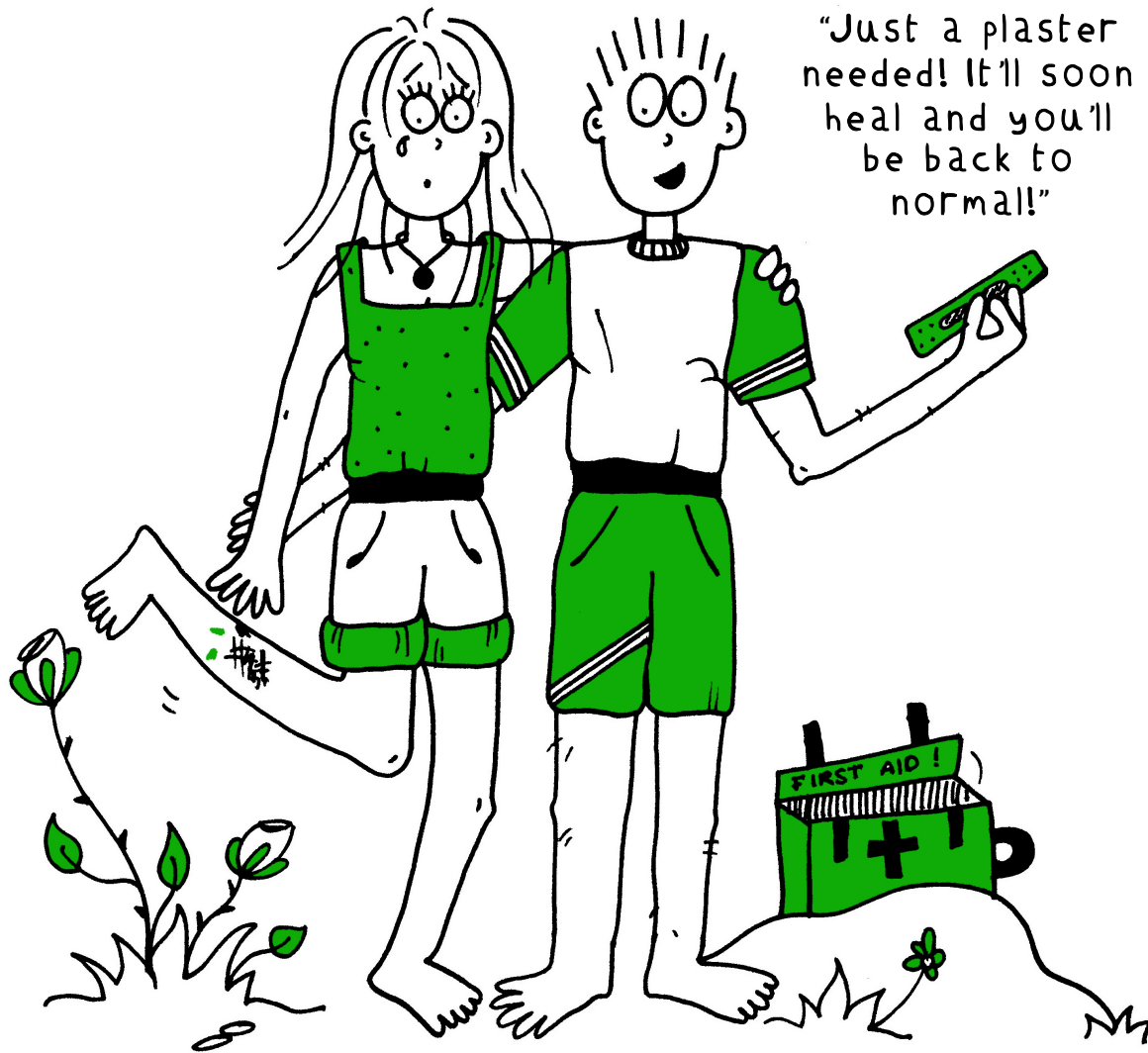
Ask a friend to teach or help you, or join a club to work on your skills and abilities.

Challenge

What are you working towards? Break down this target into smaller steps to work on one at a time.

Move On From Setbacks

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How have you handled a setback in your life?

Replace negative thoughts with positive thoughts.

Don't be embarrassed by a setback, everyone experiences them at some point.

Concentrate on your goal, not on the disappointment, anger or frustration of the setback.

Try to put things into perspective. How important is this setback?

Often, we can learn from a setback. Think about what didn't go right and come up with a plan to avoid repeating the same old mistakes.

Blaming others won't help.

Don't dwell for too long but discussing things with someone can help.

A setback gives you the opportunity to make a comeback!

Challenge

Think about what didn't go well and why. Now make a plan to help you avoid it happening again.



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Define Success For Yourself

"Is this really worth it?"



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What makes people happy?

Put things into perspective, the next time something unfortunate happens to you, ask yourself how much it truly matters and whether it's really the end of the world.

Write down what you would take to a desert island. Are these things people, hobbies, goals for the future, beloved possessions or something else?

Think about what would make you feel happy, successful and content.

Don't let anyone else's idea of success ruin yours.

Do a least one thing every day that makes you feel happy.

What qualities about your own personality do you value most (e.g. loyalty, honesty, creativity)?

Challenge

Write a list of everything that's important to you and rank them from most to least important.

Why do you need to work on this skill?

How will you complete this challenge?

What difficulties might you have to overcome?

How will you know you've succeeded?

For how long will you work on this challenge?



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Challenge Planner

How did you work on this skill?

What was the hardest thing about this challenge?

How do you feel about this skill now?

How will you
continue to use and
work on this skill?

What did you do to celebrate your success?



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Challenge Record