

*Let's Talk:*  
**Self-Esteem**

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What do you like most about yourself?



**Self-Esteem**

What do you do well?



**Self-Esteem**

Who do you admire? Why?



**Self-Esteem**

What do you think is your best quality or strength?



**Self-Esteem**

What do you need to work on?



**Self-Esteem**

What does self-esteem mean?



**Self-Esteem**

What do you do that gives you confidence?



**Self-Esteem**

What person makes you feel good about yourself?



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Does anyone make you feel bad about yourself?

**Self-Esteem**

What do I do or say that helps build your self-esteem?

**Self-Esteem**

Do you think you have good or bad self-esteem?

**Self-Esteem**

In what area—friendships, looks, athletics, or academics—do you need more confidence?

