

Just be you lesson worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Just be you lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. What are three things that are true about someone with healthy self-esteem?

a. _____

b. _____

c. _____

2. List two ways having healthy, or positive, self-esteem can help you.

a. _____

b. _____

3. List two things you can do to build your self-esteem.

a. _____

b. _____

4. What makes you unique?