

POWERFUL PROJECT

TEENS AND ADULTS

OCTOBER
2012

SELF ESTEEM

Self esteem can be boosted through how we think, how we act, how we speak to ourselves, the messages we absorb and the people with whom we surround ourselves. Think of a time when your self esteem was highest-- when you felt the best about yourself and what you can do. What can we learn from that time that can help you, personally, in the future? What can we learn from that experience that can help you be a better leader now?

When was a time in your life when you felt really good about who you were and what you could do? _____

What and who do you feel contributed the most to your high self esteem at the time? _____

What do you remember feeling, thinking or doing that really demonstrates that high self esteem? _____

Now think of a time when your self esteem was very low. As a leader now, what would you want to tell your younger self at that time? _____

What can we learn from looking back at these times of low and high self esteem that can help you, personally, now? And how can it help you to be a better leader to others? _____

First & Last Name: _____