



## WORKSHEET

### INTROSPECTION

Make a list of your strengths and weaknesses in the space provided below:

My Strengths		My Weaknesses	
1		1	
2		2	
3		3	
4		4	
5		5	

Make a list of your likes and dislikes in the space provided below:

My Likes		My Dislikes	
1		1	
2		2	
3		3	
4		4	
5		5	

Generate a discussion using the following questions:

- Have you ever introspected about your likes, dislikes, weaknesses and strengths?
- Was it easy to identify your likes, dislikes, weaknesses and strengths?
- What were your feelings while doing this exercise?

Write down the responses and reinforce the following key points:

- It is very important to introspect and know about your own likes, dislikes, weaknesses and strengths.
- Recognizing our weaknesses help us to overcome them.
- Identifying true inner qualities helps us to focus on our strengths.
- Knowing our inner self builds confidence and enhance self-esteem



**WORKSHEET**

**SELF - ESTEEM - ITS IMPORTANCE**

**A. The statements below describe self-esteem and how people with high and low self-esteem behave. Read the statements below and mark true or false against each.**

My Strengths		True/False
1	Self Esteem means feeling good about yourself.	
2	Self Esteem means feeling good about others.	
3	Self Esteem means being proud of who and what you are.	
4	A person who cares about their health has high self esteem.	
5	A person who with low self esteem is unhappy when they see others succeed.	
6	High self-esteem means doing thin that make other people happy.	
7	A person with high self-esteem is always concerned about what other people may think.	
8	A person with high self-esteem learns from others.	
9	A person with high self-esteem feels good while making fun of others.	
10	A person with high self-esteem is very confident and optimistic.	
11	High self-esteem means being full of pride or having a "big head".	
12	A person with low self-esteem enjoys new exercises.	

**B. Now that you have learned and have enough information about yourself, write and share in the respective groups a short paragraph that illustrates positive qualities, strengths and potentials in you.**

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**Sum up the activity and repeat the following key points:**

- Self-esteem is a personal judgement of self-value
- It is important to have a high self-esteem
- Those with high self-esteem:
  - Have confidence and trust their judgement
  - Do not get bogged down by criticism
  - Resolve their own problems and also helps others



## WORKSHEET

### OVERCOMING LOW SELF - ESTEEM

1. Do you love yourself? Describe the ways in which you take care of yourself?

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2. List the things that you love to do.

#### List of Things That I Love To Do

1		6	
2		7	
3		8	
4		9	
5		10	

3. List your good qualities

#### List of My Good Qualities

1		6	
2		7	
3		8	
4		9	
5		10	

4. Have you ever laughed at yourself? Describe the situation.

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5. Have you helped any person or animal in the recent past? Describe the situation.

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**Sum up the activity by repeating the following key points:**

- Low self-esteem is a major problem that one has to overcome.
- There are ways to overcome low self-esteem.
- Spend more time alone and make peace with yourself and try to learn from any mistake that has caused you to think negatively.
- Love yourself, do what you love doing, have a goal to be achieved.
- Drop negative friends; help others including animals.
- Respect your talent, your body and compliment yourself.
- Avoid negative thoughts and spend time with people whose company you enjoy.