



Self-Esteem & Confidence: A Healthy Relationship with YOU!

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"I have found that if you love life, life will love you back." Arthur Rubinstein

I. Self-Esteem

- From the Greek word "to estimate". How we estimate ourselves is our personal self-esteem.
- Personal self-esteem: It is shaped by our past and the _____ we have had in our lives that continue to _____ us today.
- Your self-esteem is your _____ of yourself.

Self Esteem Quiz [Be honest! This will not be shared with the group]

Directions: Circle **T** if the statement is true for you, circle **F** if the statement is false for you

- T** **F** I am able to discuss my good qualities, skills, abilities, achievements, and successes with others.
- T** **F** I assert myself with someone whom I believe is violating or ignoring my rights.
- T** **F** I am content with who I am, how I act, and what I do in life.
- T** **F** I am not bothered by feelings of insecurity or anxiety when I meet people for the first time.
- T** **F** My life is balanced between work, family, social, recreation/leisure, and spiritual life.
- T** **F** I am aware of the roles I play(ed) in my family of origin and I have been able to make these behavior patterns work for me in my current life.

- T F** I am connected with significant others in my environment at home, work, school, at play, or in the community.
- T F** I am able to perform the developmental tasks necessary to ensure my on-going, healthy self-esteem.
- T F** I am satisfied with my level of achievement at school, work, home, and the community.
- T F** I am a good problem solver; my thinking is free of irrational beliefs or fears.
- T F** I am willing to experience conflict, if necessary to protect my rights.

If you circle an **F** for _____ or more of the preceding questions, you may need to work at improving your self-esteem.

II. The Inner Voice

A. Enemies of self-esteem:

1. Our _____ experiences: The past is in the past. Leave it there!
2. Other _____ opinions and things they may say about and to us: Listen to your inner voice and make it positive!
3. Negative or _____ images from TV and movies, social media, advertising, etc.: Be comfortable with who you are, defining yourself on your terms!
4. _____ thoughts, ideas, and fears: Choose an outlook that benefits you!

“Choose to make your imagination your ally. You do have a say about what pictures live in your head—and you can choose the most positive images to shape your life.” Jane Seymour

B. Use _____ to build _____,
a _____ attitude, and self-esteem.
_____ are statements where you claim victory over
what you _____ now, or will _____ in
the _____.

Say _____ out loud as many as _____
times per day! Create your _____ here:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

“Success is a state of mind. If you want success, start thinking of yourself as a success.” Dr. Joyce Brothers

C. _____ is a way to take your inner thoughts and bring them into the world. It can be a way to be open and honest in a _____ way.

1. Start by listing _____ good things about you. Use this space for a few now!

2. Write down _____ areas for _____ .
3. At the end of each day, write down up to 5 things that you _____ that day

*“Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.”
Johan Wolfgang von Goethe*

D. Control your _____ to enhance your self-esteem.

1. It includes and can be found in family, friends, work, community, clubs and organizations, faith groups, and _____.
2. It must be:
 - a. _____ and caring
 - b. A way to _____ that physical needs are met
 - c. _____

- d. A facilitator of good communication by being respectful and allowing for freedom of _____
- e. _____
- f. A provider of _____ experiences for all involved

III. Accepting and giving criticism

A. When receiving criticism

- 1. Listen, don't _____ or start _____ yourself
- 2. _____, where possible
- 3. Ask for _____ to make sure you _____ what is being said
- 4. When you're wrong, _____ it and _____
- 5. If criticism is _____ or _____, say *I don't agree with you*

B. Giving criticism and/or dealing with conflict – Dave's concepts!

- 1. If you have a problem/conflict with someone and do not take it to that _____, then it cannot be _____.
- 2. Deal with conflict _____-on-_____: _____ in public, _____ in private
- 3. Use the 3 "_____" system: _____, _____, _____.
- 4. Learn to _____ the person from the _____; use "_____" statements.
- 5. Confront the situation by asking a _____.

Attribution: This program was put together using several resources. One of particular assistance was "How to Build Your Self Esteem In A Weekend!" from www.SelfEsteemExperts.com.

Using Time Effectively

1. What would be on your business card?

2. Maximize your _____.
 - a. Work on that which is _____
 - b. Do the _____ thing first

3. Workspace: _____ to _____

4. Enemy of priorities: _____.
What distractions do you have in your life?

5. _____ your _____ to _____ your _____.

6. You are in _____ of your _____.

7. _____ through to a _____.

8. _____ your time for study, work, and _____.
Before your start to study, engage in programs, or play take a piece of _____ and write down everything that is on your mind that is _____ of what you are about to do. Put it in a safe place; this is your _____ list or thought page.

9. Divide your work into _____ short-range _____.

10. Plan your day the _____.

As the adage says:

How do you eat an _____?

One _____ at a _____!

⌚	Task	Grade	Completed
1.			
2.			
3.			
4.			
5.			

<p style="text-align: center;">High Importance/ High Urgency</p> <p style="text-align: center;"><i>Do first</i></p>	<p style="text-align: center;">High Importance/ Low Urgency</p> <p style="text-align: center;"><i>Set deadlines for completion; work into daily routine</i></p>
<p style="text-align: center;">Low Importance/ High Urgency</p> <p style="text-align: center;"><i>Find ways to get done quickly</i></p>	<p style="text-align: center;">Low Importance/ Low Urgency</p> <p style="text-align: center;"><i>Usually busy or repetitious work</i></p>