

Finding Value in Yourself

Self-Esteem

~ the value, respect & honor you have for yourself

How do you see yourself when compared to your peers? Do your opinions matter, why?

Self-Concept

~ set of perceptions & ideas you have of yourself

Who are you? What defines you? How do you describe yourself in 3 words ?

Self-Actualization

~ principle of human behavior stating that you strive to develop your capacity and talents to the fullest

What are your talents? What are you good at? How can you develop that talent into something more?

Self-Efficacy

~ your expectation that you can effectively cope with and master situations as well as bring about desired outcomes through personal efforts

Are you good at problem solving? Defining what the problem is? Find different possible solutions? Are there solutions that rely on you rather than other people's actions?

Resilience

~ being able to withstand and recover quickly from setbacks, physical or emotional

What could a physical setback be? What can an emotional setback be? What if you do something embarrassing or mess up a friendship, what can you do to recover?