



Good Self Esteem

When you have healthy self esteem you feel good about yourself but also know there is always room for improvement.



As usual, you got a perfect score on your spelling test. Your best friend is not a good speller. Do you ask her what she got on the test?

Yes No Maybe



You're the fastest runner in your school. Should you always run your fastest, or let others kids win sometimes?

Yes No Maybe



Everyone says you are pretty. When someone compliments your looks should you disagree with them?

Yes No Maybe



You and your little sister love to draw. She's very good and may be a better artist than you some day. Do you help her improve?

Yes No Maybe