

Activity 5: How Well Do You Like Yourself?

Our personal levels of self-esteem can have different effects on our personality. What are some examples of behaviors that may indicate high, medium, or low self-esteem? (Let youth brainstorm their ideas in small groups, record on flip charts, and then compare to other groups lists as well as those below.) Below are some examples of attributes that are affected by self-esteem.

OBJECTIVES:

For youth to:

- determine their self-concept.
- come to terms with their individuality.
- understand the concept of self-esteem.
- acquire the tools and knowledge to build a healthy self-esteem.
- increase their awareness of the importance of supportive relationships.
- learn how to build supportive relationships.

LIFE SKILLS:

- Build self-esteem.
- Getting along with others.

MATERIALS:

- Copies of HOW WELL DO I LIKE MYSELF? Worksheet and , Answer Key, and EFFECTS OF SELF ESTEEM (one each for each youth)
- Pens or Pencils
- Flip chart and markers (optional)

TIME:

20 minutes

SETTING:

Comfortable room with tables and chairs.

A person with high self-esteem may...

- assume an active and constructive role in social groups.
- be eager to express self as an equal.
- be sensitive to the needs of others.
- be more creative and self-confident.
- be physically healthy and happy.
- be willing to try new activities; flexible, adaptable in changing situations
- have a sense of humor.
- have a positive outlook; happy, energetic, enthusiastic.
- believe strongly in certain principles and values.
- be capable of acting in own best judgment.
- genuinely enjoy themselves and participate in a wide variety of activities.
- resist efforts of peers to dominate or sway them.
- feel confident in ability to deal with challenging situations, despite failures and setbacks.

A person with a medium self-esteem may...

- be optimistic.
- be uncertain about self-worth.
- seek recognition to erase self-doubt.
- tend to conform.
- be expressive.
- be able to listen to criticism.
- be quite dependent upon social acceptance.
- be less adventuresome than those with high self-esteem.

A person with low self-esteem may...

- feel unloved and inferior; have difficulty in entering loving relationships.
- be a perfectionist and have impractical expectations for him or herself.
- fear social situations.
- discourage easily.
- fear of competition; reluctant to try new things.
- feel isolated, persecuted, on the sidelines.
- frequently sees self as helpless and incapable of improving his or her situation.
- be highly sensitive to criticism; afraid to make a mistake.
- overly critical of others and self.
- blames others.
- over-responsive to praise.
- shy, timid, withdrawn.
- uncertain of own opinions and values.
- may be jealous, possessive.



DO

- Have participants fill out the HOW WELL DO I LIKE MYSELF? Activity Sheet.
- After participants have completed the Activity Sheet, have them score themselves using the Answer Key.
- Hand out EFFECTS OF SELF-ESTEEM Information Sheet and allow participants to compare their self-esteem level with possible personality effects.

REFLECT

- What did you learn about your self-esteem levels? Were you surprised with the results?
- Have aspects of your personality been affected by your self esteem? Did some of the effects of self esteem surprise you?

APPLY

- How can you use what you learned through this activity to improve your self-esteem?
- How can you work to improve the self-esteem of others?
- How can you improve any negative damage that low self-esteem has caused? How can you help the negative effects in others?





HOW WELL DO YOU LIKE YOURSELF?

Here is a way of looking at your self-esteem. By answering the following statements truthfully, you can get a general idea of how happy you are with yourself. Next to each statement, put a number that reflects your feelings about the statement.

- 3 = True most of the time.
2 = True some of the time.
1 = Rarely true.
0 = Not true at all.

- ___ 1. I enjoy waking up in the morning.
___ 2. I'm usually in a good mood, day or night.
___ 3. When I look in a mirror, I really like what I see.
___ 4. If I were a member of the opposite sex, I'd find me quite attractive.
___ 5. I really enjoy my work.
___ 6. I always have plenty of energy.
___ 7. I'm basically quite an optimistic person.
___ 8. I can laugh at my mistakes.
___ 9. If I could live my life over, there is very little I'd change in things I've done.
___ 10. I'm a very interesting person.
___ 11. I like the direction that I am growing and changing as a person.
___ 12. Other people really show they care about me.
___ 13. I am a kind and loving person.
___ 14. The people I care about really value my opinions and ideas.
___ 15. I have never wished that I were someone else.
___ 16. I express my feelings.
___ 17. There aren't very many people I'd trade places with in life.
___ 18. I lead an interesting and rewarding life.

___ **Total (sum of all scores)**

Scale:

- | | |
|----------|---|
| 44-54 | Very high self-esteem, positive self-worth, accepted one's self as okay. |
| 34-43 | Self-esteem is okay. Good self-worth and fairly well-accepted of self and station in life. May wish to improve a little on self-image. |
| 24-33 | Self-esteem lower but is still okay. Acceptance of self and one's worth is less than one might like. Could work on improving one's self-image and accepting one's self as being the only one they have. |
| below 24 | Person's self-esteem could be improved. Self-worth and self-esteem lower than desirable. Needs encouragement and support from others. Needs work on changing "losing" attitudes and behaviors. |

EFFECTS OF SELF-ESTEEM

Information Sheet

A person with high self-esteem may:

- often assume an active and constructive role in social groups.
- be eager to express self as an equal.
- be sensitive to the needs of others.
- be more creative and self-confident.
- be physically healthy and happy.
- be willing to try new activities; flexible, adaptable in changing situations
- have a sense of humor.
- have a positive outlook on life.
- believe strongly in certain principles and values.
- be capable of acting on own best judgment.
- genuinely enjoy themselves and participate in a wide variety of activities.
- resist efforts of peers to dominate or sway them.
- feel confident in ability to deal with challenging situations, despite failures and setbacks.

A person with medium self-esteem may:

- be optimistic.
- be uncertain about self-worth.
- seek recognition to erase self-doubt.
- tend to conform.
- be expressive.
- be able to listen to criticism.
- be quite dependent on social acceptance.
- be less adventuresome than those with high self-esteem.

A person with low self-esteem may:

- feel unloved and inferior; have difficulty in entering loving relationships.
- be a perfectionist and have impractical expectations for him or herself.
- fear social situations.
- discourage easily.
- fear of competition; reluctant to try new things.
- feel isolated, persecuted, on the sidelines.
- frequently sees self as helpless and incapable of improving his or her situation.
- be highly sensitive to criticism; afraid to make a mistake.
- overly critical of others and self.
- blames others.
- over-responsive to praise.
- shy, timid, withdrawn.
- uncertain of own opinions and values.
- may be jealous, possessive.

Activity 6: Self-Esteem: Measuring Up

Self-esteem is a person's feeling of self-worth. A person with strong self-esteem is self-assured and confident. These individuals know who they are and like themselves. Contrarily, negative self-esteem is projected by individuals who generally do not like themselves and lack confidence in their abilities. Identifying aspects of our personality we feel positively about allows us to concentrate on and emphasize our positive qualities. Identifying our less positive qualities helps us improve ourselves in those areas.

OBJECTIVES:

For youth to:

- promote awareness of self-esteem.
- compare self-esteem with others' expectations.
- build confidence and foster positive feelings among group members.

LIFE SKILLS:

- Build esteem and confidence of self and group members.
- Realize the importance of positive self-esteem.

MATERIALS:

- Copies of SELF-ESTEEM ASSESSMENT SURVEY
- Pens or Pencils

TIME:

30 minutes

SETTING:

Comfortable room with tables and chairs.

DO

- Hand out a copy of the SELF-ESTEEM ASSESSMENT SURVEY for each participant to fill out. Remind youth to answer all the questions truthfully.
- After youth have finished filling out their survey, have them get into small groups of three to four and share their surveys. As each participant shares his or her survey, have other group members make positive statements about that person regarding each category.
- After youth have shared their surveys in their small groups, allow groups to come back together for large group discussion.

REFLECT

- Was it difficult to complete the chart? Why?
- When was the last time you compared how you see yourself to the expectations of others?
- How did you feel when you shared your chart?
- What similarities and/or differences were there among group members?

APPLY

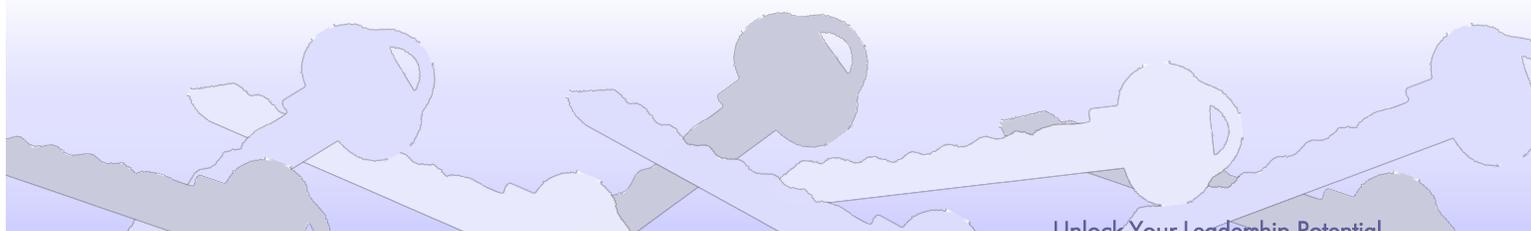
- What did you learn about yourself? Others?
- How will what you learned about yourself and others help you with your leadership activities? In the future?



SELF-ESTEEM ASSESMENT GUIDE

Give yourself a ranking for each category with 10 being **good** and 1 being **poor**.

| | Your opinion of yourself. | What you think others think about you. |
|-----------------------------|---------------------------|--|
| Intelligence | | |
| Appearance | | |
| Ability to Relate to Others | | |
| Leadership Ability | | |
| Future Ambitions | | |
| Personality | | |
| Role as a Male/Female | | |
| Role as a Son/Daughter | | |
| Physical Health | | |
| Talents | | |
| Ability to Complete Tasks | | |
| Morality and Integrity | | |
| Role as a 4-H'er | | |
| Role as a Student | | |



Activity 7: Self-Esteem Evaluation

Our self-esteem has a very important effect on how we view ourselves and relate to others. Having positive self-esteem can lead to more effective leadership. Self-esteem is important for two reasons. First, we act consistently with our beliefs and feelings about ourselves. If you believe something is true, that belief affects your actions as though it were actually true. Second, our self-esteem filters our perceptions of the world around us. Beliefs act as a screen that may distort our view of events. Knowing who we are is essential to being able to relate to the world.

OBJECTIVES:

For youth to:

- determine their level of self-esteem.
- find out what contributes to positive self-esteem.
- discuss the relationship between self-esteem and leadership ability.
- brainstorm ways to help others improve self-esteem.

LIFE SKILLS:

- Understand self.
- Improve levels of self-esteem.

MATERIALS:

- Copies of the BARKSDALE SELF-ESTEEM EVALUATION Activity Sheet
- Pens or Pencils

TIME:

20 minutes

SETTING:

Comfortable room with tables and chairs.

DO

- Have participants score themselves on the BARKSDALE SELF-ESTEEM EVALUATION Activity Sheet.
- Have youth tally their scores and find their range on the Self-Esteem Index (SCI).

REFLECT

- What did you learn about your self-esteem? Was it higher or lower than you expected? Why or why not?
- What are some characteristics of individuals with low self-esteem? High self-esteem?

APPLY

- How can one improve his or her level of self-esteem? How can we help others improve their self-esteem?
- How is positive self-esteem related to effective leadership?

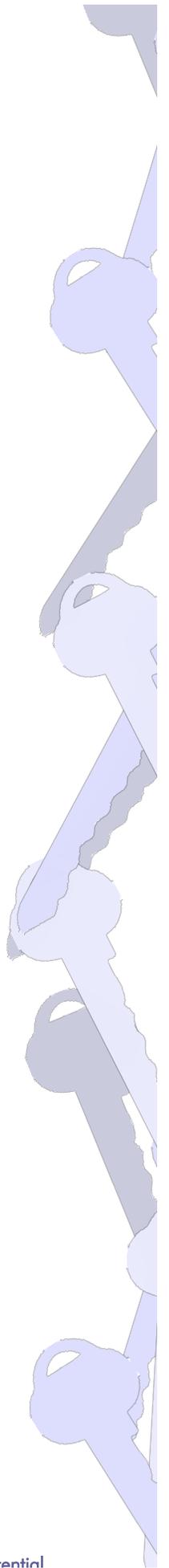


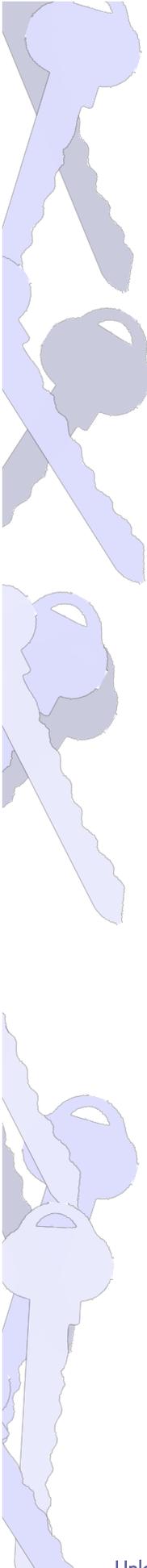
BARKSDALE SELF-ESTEEM EVALUATION

Answer the following questions by giving the score that determines how true or the amount of time you believe that the statement is true for you:

- 0=Not at all true for me time
- 1=True only part of the time
- 2=True about half the time
- 3=True most of the time
- 4=True all the time

- ___ 1. I don't feel anyone else is better than I am.
- ___ 2. I am free of shame, blame, and guilt.
- ___ 3. I am a happy, carefree person.
- ___ 4. I have no need to prove I am as good as or better than others.
- ___ 5. I do not have a strong need for people to pay attention to me or like what I do.
- ___ 6. Losing does not upset me or make me feel less than others.
- ___ 7. I feel warm and friendly toward myself.
- ___ 8. I do not feel others are better than I am because they can do things better, or have more money or are more popular.
- ___ 9. I am at ease with strangers and make friends easily.
- ___ 10. I speak up for my own ideas and express my likes and dislikes.
- ___ 11. Others' opinions or attitudes do not hurt me.
- ___ 12. I do not need praise to feel good about myself.
- ___ 13. I feel good about others' good luck and winning.
- ___ 14. I do not find fault with my family, friends, or others.
- ___ 15. I do not feel I must always please others.



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- ___ 16. I am open and honest and allow others to see my real self.
 - ___ 17. I am friendly, thoughtful and generous toward others.
 - ___ 18. I take responsibility for my problems and mistakes without blaming others.
 - ___ 19. I enjoy being alone with myself.
 - ___ 20. I accept compliments and gifts comfortably without needing to give something in return.
 - ___ 21. I admit my mistakes and defeats without feeling ashamed or "less than."
 - ___ 22. I feel no need to defend what I think, say, or do.
 - ___ 23. I do not need others to agree with me or tell me I'm right.
 - ___ 24. I do not brag about myself, what I have done, or what my family has or does.
 - ___ 25. I do not feel "put down" when criticized by my friends or others.

Add the scores for each item. The possible range of your Self-Esteem Index (SEI) is from 0-100. Research shows that an SEI of:

- 93 - 100:** Healthy Self-Esteem
- 76 - 92:** A handicap to one's emotional well-being
- 51 - 75:** A serious handicap
- 0 - 50:** A lack of Self-Esteem that handicaps you in all areas and keeps you from feeling good, especially from being loved and loving.