**Ian Kilgore 8.20.17**

**Constructing Positive Self-esteem Work File**

1. Read each statement in the chart below very carefully. Answer each statement with: Never, Sometimes, or Always. (18 points)

|  |  |  |  |
| --- | --- | --- | --- |
| **Self-esteem chart** | **Never** | **Sometimes** | **Always** |
| 1. I expect a lot from myself. |  | **X** |  |
| 2. I freely ask for help when I need it. |  | **X** |  |
| 3. I feel a need to prove myself to others |  | **X** |  |
| 4. I have difficulty making decisions. |  | **X** |  |
| 5. I feel good about myself. |  |  | **X** |
| 6. I resent being told what to do. |  |  | **X** |
| 7. I value my time alone. |  |  | **X** |
| 8. I feel lonely a lot of the time. | **X** |  |  |
| 9. I feel comfortable around others. |  | **X** |  |
| 10. People feel comfortable in my company. |  |  | **X** |
| 11. My friends influence my decisions. |  | **X** |  |
| 12. I make friends easily. | **X** |  |  |
| 13. I find it easy to express my feelings. | **X** |  |  |
| 14. I am able to express my feelings. |  | **X** |  |
| 15. I like to be accepted by others. |  |  | **X** |
| 16. Physical contact makes me happy. |  | **X** |  |
| 17. I set limits on time with my friends. |  | **X** |  |
| 18. I make my own decisions. |  |  | **X** |

2. Using the chart, determine the area/areas where you are weak. (10 points)

**a. Making friends**

**b. Expressing my feelings**

**c. Resent being told what to do**

3. Using the chart, determine two of your strengths. (10 points)

**a. Never feeling lonely**

**b. People are comfortable around me**

4. Analyze what this chart indicates about your self-esteem, strengths and weaknesses. Write an analysis of what the chart indicates, which areas you should develop, and ways you can improve your self-esteem. Your paragraph should include at least five complete sentences. (25 points)

**The chart shows that I feel good about myself and I like making my own decisions. Even though I really like my alone time I know that I have a hard time making friends or keeping friends that I’ve made. Luckily, I never feel lonely and I’m a happy person. I very much enjoy hanging out with my mom and dad and working my personal projects. I know from the past that I gain self-confidence from completing things that are important to me and I think I’ll keep doing that in the future.**

5. Ask your parent/guardian or your siblings (brother or sister) what three things could be done to contribute to your self-esteem: (15 points)

**a.** Who did you interview? My mom

**b.** Suggestion…keep sharing your feelings with others, that will help people understand you and feel closer to you.

**c.** Suggestion… Even though you enjoy alone time, maybe join others in even small activities to make better friends.

**d.** Suggestion... Continue to learn life skills such as cooking, laundry, home repairs, etc. so that you will transition to adulthood very easily.

6. Consider your strengths and weaknesses from above and set a personal health goal for yourself. Explain at least three strategies you will use to reach your goal and at least three strategies for checking on your progress. Following are some possible goals for improving health which you may consider; Weight control, Substance abuse, Healthy eating habits, Consistent exercise, Healthy Relationships. (22 points)

Since I like to be in my bedroom and work on computers a lot, I don’t get out and exercise enough. I think that I should make a chart for doing exercises. I’ll start with three days a week and try to work up to five days a week. I can pick from going for a walk, riding my bike, flying my drone, or doing Xbox Kinect games. I added an indoor choice so that even if the weather is bad I will get some exercise. I am also going to invite my mom, my dad, my brother, or a neighbor friend to do it with me. I will be able to tell if I’m making progress as the number of days I exercise goes up. Also, the more times I get someone to exercise with me, will show progress in making friends more. I will also try to share my feelings about this new goal with family members.

**DIRECTIONS**

Since this assignment contains a chart, you will submit the assignment as an attachment.

1. Saving file
2. Select File.
3. Select “save as”.
4. Save as type RICH TEXT FILE. rtf.
5. Place in your LMS Work Folder that you created in assignment.

Be sure to put your name and date on the actual work file when you open it to answer the questions and your work when you are complete.