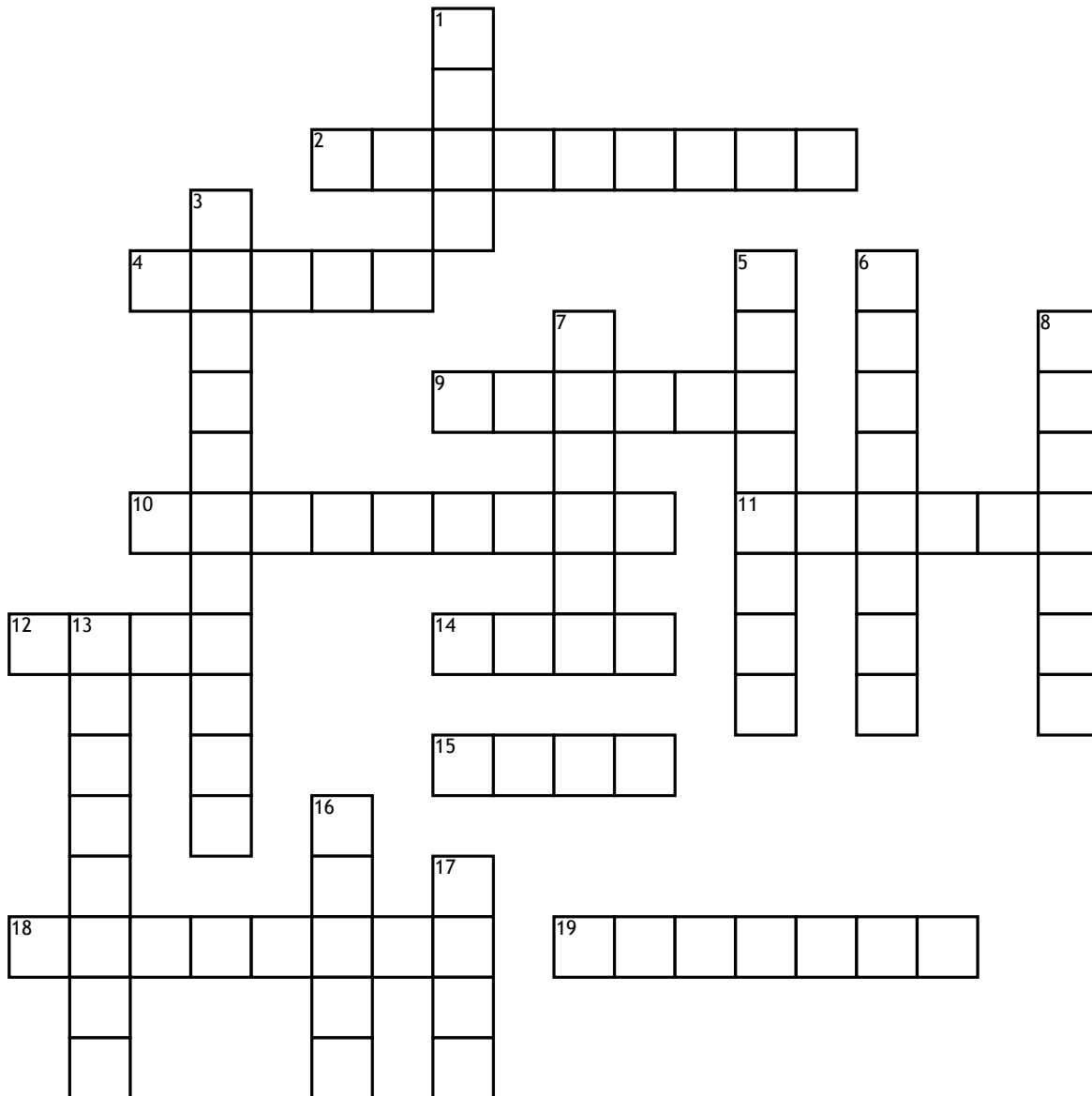


Name: _____ Date: _____

How Can I Improve My Self Esteem



Across

2. Self esteem is made up of thoughts, feelings and opinions we have about _____.

4. Set _____, make a plan and stick to that plan.

9. Do not compare yourself to _____, you are your own person.

10. Remond yourself that everyone excels at _____ things.

11. Being _____ and fit makes you feel good about yourself.

12. Take time doing the things you _____ to do.

14. Changing the way you think about yourself, changes the way you _____ about yourself

15. Manage your inner critic, do not be so _____ on yourself.

18. Do not focus on problems and complaints, focus on the _____ parts of your day.

19. Stop pressuring yourself to be _____ at everything.

Down

1. Spend time with the people you _____ about.

3. Accept _____ from others which are the good things they have to say about you.

5. View _____ as learning opportunities, we all make them.

6. _____ thinking will lower self esteem.

7. You need to recognize what you can _____ and what you cannot.

8. Get in touch with your _____, the natural things you are good at.

13. Don't be afraid to voice your _____, take pride in your ideas.

16. Our self esteem can change depending on the way we _____.

17. Focus on what you do _____, the things you are good at.