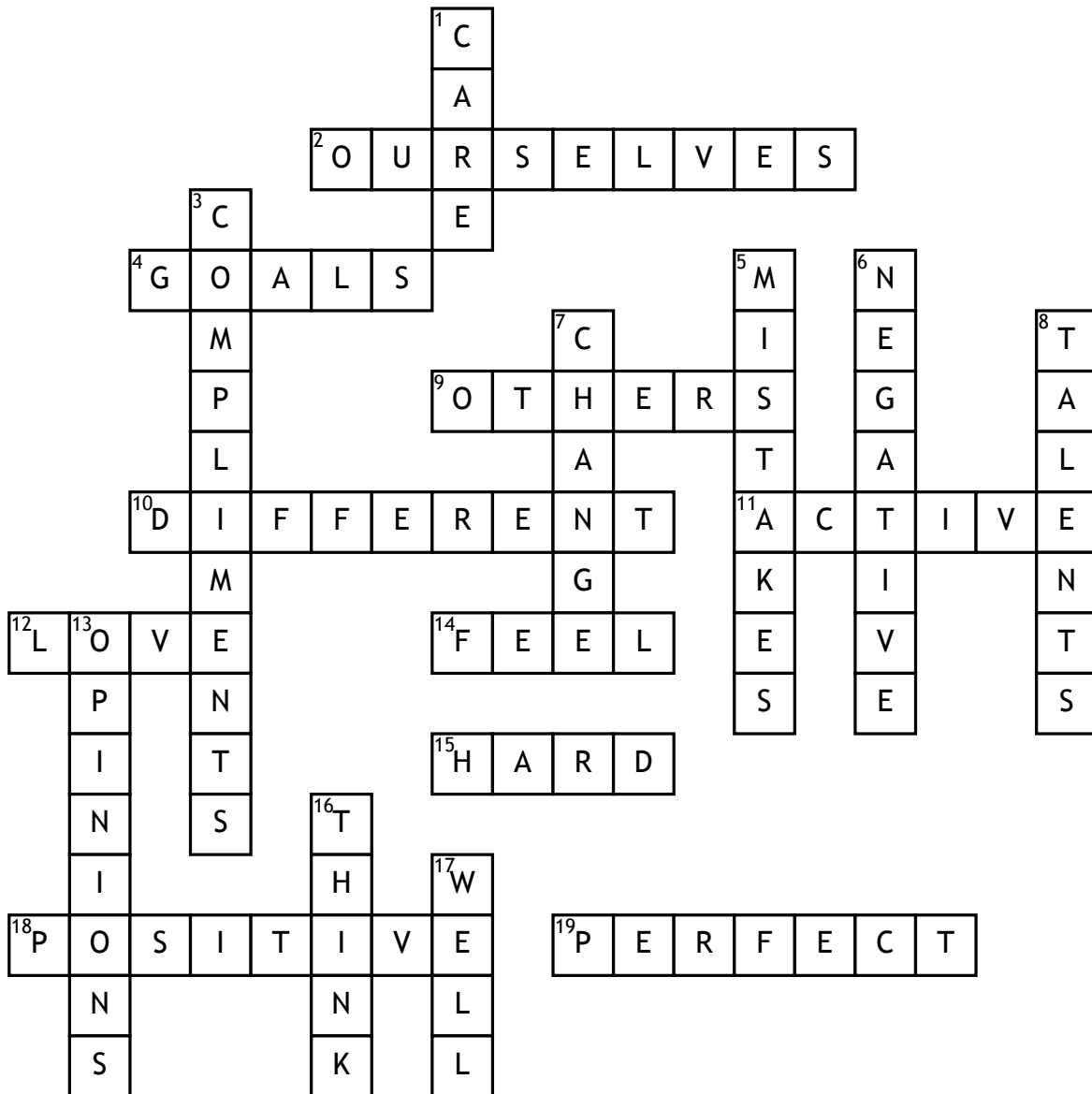


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# 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.