



SELF-ESTEEM

WHAT IS SELF-ESTEEM?

NAME

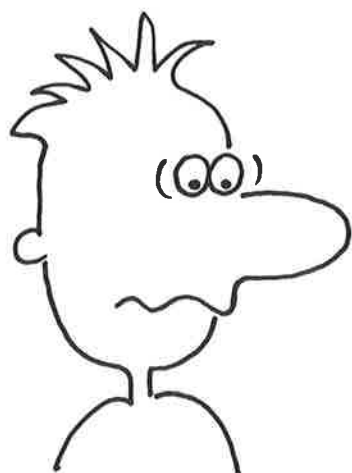
DATE

HIGH SELF-ESTEEM



- ➔ Being positive
- ➔ Believing in yourself
- ➔ Liking yourself

LOW SELF-ESTEEM



- ➔ Being negative
- ➔ Not believing in yourself
- ➔ Not liking yourself

