|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

How Can I Improve My Self Esteem

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 1  C |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | A |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 2  O | U | R | S | E | L | V | E | S |  |  |  |  |  |
|  |  |  |  | 3  C |  |  |  | E |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 4  G | O | A | L | S |  |  |  |  |  | 5  M |  | 6  N |  |  |  |  |
|  |  |  |  | M |  |  |  |  |  | 7  C |  |  | I |  | E |  |  | 8  T |  |
|  |  |  |  | P |  |  |  | 9  O | T | H | E | R | S |  | G |  |  | A |  |
|  |  |  |  | L |  |  |  |  |  | A |  |  | T |  | A |  |  | L |  |
|  |  |  | 10  D | I | F | F | E | R | E | N | T |  | 11  A | C | T | I | V | E |  |
|  |  |  |  | M |  |  |  |  |  | G |  |  | K |  | I |  |  | N |  |
|  | 12  L | 13  O | V | E |  |  |  | 14  F | E | E | L |  | E |  | V |  |  | T |  |
|  |  | P |  | N |  |  |  |  |  |  |  |  | S |  | E |  |  | S |  |
|  |  | I |  | T |  |  |  | 15  H | A | R | D |  |  |  |  |  |  |  |  |
|  |  | N |  | S |  | 16  T |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | I |  |  |  | H |  | 17  W |  |  |  |  |  |  |  |  |  |  |  |
|  | 18  P | O | S | I | T | I | V | E |  | 19  P | E | R | F | E | C | T |  |  |  |
|  |  | N |  |  |  | N |  | L |  |  |  |  |  |  |  |  |  |  |  |
|  |  | S |  |  |  | K |  | L |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **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. |