## Self Esteem & Value Notes

	Someone with a high self esteem make go	ood	, ;	accept	and have a
	realistic view of their	and			
	Someone with a low self esteem don't		themselves, j	udge themselves	, and make
	poor				
pr	ove your self -esteem				
<b>√</b>	Make a list of your strengths				
	1.	5.			
	2.	6.			
	3.	7.			
	4.	8.			
✓	Set ambitious, but		for yourself.		
<b>√</b>	Rely on your				
<b>/</b>	Learn to accept				
<b>√</b>	Look beyond your own concerns				
<b>√</b>	Find something you do				
<b>/</b>	Realize that no is	_!			
K W					
	LUES				-
4 1	nfluence on someone's values:				31
gri	ty				
		12840			
10	values that are important to you				
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Self Este							
Self Image/self concept for you see yourself & other see yourself							
> 9	Someone with a <b>high self esteem</b> make good Charles, accept the self esteem, and have a						
	realistic view of their Stratum and Wallows.						
> 9	Someone with a low self esteem don't, and make						
1	poor Wolco.						
Impro	ve your self -esteem						
✓ 1	Make a list of your strengths						
	<b>5.</b>						
	2. 6.						
	3. 7.						
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	Set ambitious, but for yourself. Rely on your						
	Learn to accept						
	Look beyond your own concerns						
	Find something you do						
	Realize that no is 100 perfect						
VALUES Principal/Standard							
List 4 inf	luence on someone's values: Now, School, Franco, 5000						
Integrity	Moral & ethical principal.						
List 10 v	alues that are important to you						
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1.	What behaviors do you do that reflect your values?
2.	How should you respond after a loss or victory in a sport?
3.	How should we act during the playing of the national anthem?
4.	Is it a good idea to risk losing your parents' trust for temporary pleasure?
5.	Agree or disagree: When people stay out of a bully's way, they are showing respect
6.	What responsibilities do you believe you personally have for:
	1) yourself,
	2) your family
	3) your community/the world?
7.	A lot of people say that teenagers are self absorbed and don't care about anything
	but themselves. Do you agree or disagree? Explain.
8.	Explain the quote from Kahlil Gibran, "You give little when you give of your possessions. It's when you give of yourself that you truly give."
	possessional result in the gave of your sent unity out to they gave.
9.	How do you want to be remembered after you die, give 5 word to describe you?
٠,	non de you want to be remembered and you are, give a were se describe you
1(	What would you do if you found \$10,000 on the shelf beneath an ATM
	machine and nobody saw you find it?