

Our Own Supporters



The Goal: To explore self-esteem.

Materials: Notebook paper, something to write with.

It's easy to be more critical of ourselves than we are of others. Being aware of this can help make more sense of our own self-esteem.

Step 1: Think of someone you are close to whom you love. This can be a sibling, friend, family member etc.

Step 2: Write down 3 things you love about them.

Step 3: Now think of yourself and write down three things you love about yourself.

Step 4: Compare your experience of step 2 and 3. Did you struggle finding things about yourself that you love? Was it easier for you to pick out things you love about your loved one than about yourself? Why do you think this is?

Step 5: Focus on the three things you wrote that you love about yourself. What are 2 ways (for each) that you can either strengthen these qualities or bring them out of yourself more often?

Being harder on ourselves than we are of others is a natural feeling. Becoming our own supporters instead of our own critics can be motivational when we support and challenge ourselves lovingly, as we would a friend, rather than being judgmental and hard on ourselves. It's valuable to find ways to be our own supporters rather than our own critics.

Indigo Indicators: *Internal: Resiliency, Self-Esteem*

CASEL Competencies: *Self-Awareness, Self-Management*

Ramp Behavior Standard: *B-LS 4 Apply self-motivation and self-direction to learning*