

Exploring Leadership

ADAPTABILITY: SELF ESTEEM

Everyone has strengths, talents, and positive qualities, but many people struggle to see those qualities in themselves. Self-esteem is how we think and feel about ourselves, including our abilities, value, and worth.

CONVERSATION STARTERS:

Have you ever said something negative about yourself that you would never say to someone else? Why do you think people sometimes struggle to see the good in themselves?

Positive self-esteem can help people face challenges, build healthy relationships, try new things, and recover from mistakes. Learning to focus on strengths instead of weaknesses can build confidence and improve the way people think about themselves and others.

KEY OBJECTIVES:

- Recognize positive qualities and strengths in themselves and others
- Understand how positive self-talk and encouragement affect self-esteem

WHAT YOU'LL NEED:

- Paper
- Sticky notes
- Pens or pencils
- Mirrors
- Optional: Sheet protectors for participants to take home their completed papers

EXPLORATION ACTIVITY:

In this activity, participants will practice recognizing positive qualities in themselves and others.

- Give each participant a sheet of paper and have them write their name at the top. Place the same number of sticky notes on each paper.
- Have participants pass the papers around and write one positive quality, strength, talent, or encouraging comment on a sticky note for the person whose paper is in front of them. Encourage participants to focus on sincere observations and strengths they genuinely admire. Remind participants that comments should be kind, appropriate, and encouraging.
- Continue rotating the papers until all sticky notes are filled or everyone has written for each person in the group.
- Once the activity is complete, return the papers to their owners.
- Provide a mirror for each participant. Ask them to quietly read the comments about themselves while looking at their reflection in the mirror.
- After reading the notes, encourage participants to choose one or two comments and say them out loud while looking in the mirror. Encourage them to use "I am..." statements.
- After everyone finishes, discuss how positive words, encouragement, and self-talk can affect the way people see themselves and others.

FACILITATOR TIPS:

- Encourage participants to write sincere and specific comments.
- Make sure every participant receives positive comments so no one feels left out.
- Some participants may feel uncomfortable with compliments or positive self-talk. Do not force anyone to share aloud.



REFLECTION QUESTIONS:

- How did it feel to read positive things about yourself while looking at your reflection in the mirror?
- Were you surprised by any of the strengths or qualities others noticed in you? Why or why not?
- Is it easier to notice strengths in other people or in yourself? Why do you think that is?
- How can positive words and encouragement affect someone's confidence or self-esteem?

APPLICATION DISCUSSION:

- Why do you think people are often harder on themselves than they are on others?
- How can the way you talk to yourself affect your confidence, choices, and actions?
- How can your words affect the self-esteem and confidence of people around you?
- What are some healthy ways people can build stronger self-esteem in everyday life?



CONCLUSION:

Sometimes, other people can see strengths in us that we struggle to see in ourselves. Learning to recognize and believe positive things about yourself can help build confidence, improve self-esteem, and remind you that your words and thoughts matter. The way you speak to yourself can affect your confidence, choices, and the way you handle challenges every day.

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REFERENCES

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