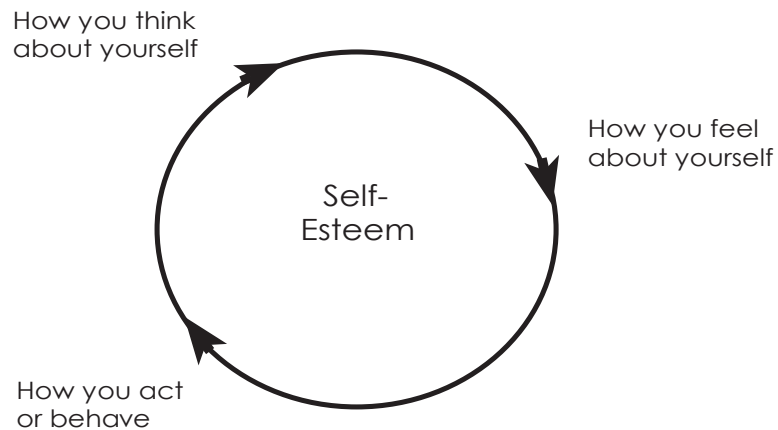


## The Self-Esteem Circle



Point to the appropriate place on the circle as you read and discuss the following examples with your group.

1. You didn't finish the homework that was due today and you thought you were really stupid. You said: "The class and teacher are stupid and so is the assignment." You felt embarrassed, unprepared and dumb. You acted "tough" and said you didn't care. You got into an argument with someone to take the attention off of your unfinished homework.
2. You brought your homework into class on time. You thought you were really smart to get it completed the day before. You felt calm and prepared. You felt sorry for the kids who didn't get their work finished. You acted like a good student by paying attention and listening.
3. You were late for work. You thought about how stupid you were to be late as you drove to work. You felt embarrassed and afraid of what the boss would say. You acted sneaky and tried to check in without anyone seeing you. You ignored a friend who saw you clock in late.
4. You were early for work and had time to enjoy a juice before you started your shift. You thought about how good you are at your job. You felt proud and secure. You acted friendly and joked around with a co-worker who works near you.

# Angelica

Read the following story and apply it to the circle of self-esteem by pointing to the areas of the circle that illustrate the story.

Angelica has been working at Miller's Clothing store. She likes her job, but doesn't like the assistant manager. She feels that the assistant manager picks on her and makes her do the boring jobs. The assistant told her she was too slow to work at the front counter helping customers.

Angelica is beginning to think she is slow at the front counter helping customers.

The more she thinks she is slow, the worse she feels. Which part of the diagram illustrates her self-esteem at this point?

Now she feels so bad that she is getting slower. The assistant manager yelled at her in front of a customer because she didn't find a shirt fast enough. She is so upset, her work is slow and she is making mistakes. Looking at the diagram, find where her self-esteem is now.

Angelica feels so bad she wants to cry. How has her self-esteem been affected? Find this on the Self-Esteem Circle.

Now she can hardly work at all and is slower than ever! How does the Self-Esteem Circle illustrate Angelica's self-esteem at this point?

Answer the following questions:

1. What would it take for Angelica to get faster?
2. Is her self-esteem high or low? How can you tell?
3. Is her self-esteem affecting her success? How?
4. What would you do in her place?

## Personal Empowerment Key Words

Use a dictionary to find and write definitions for each of the words below.

1. Self-esteem
2. Worth
3. Talent
4. Attitude
5. Integrity
6. Respect
7. Character
8. Regard
9. Choice
10. Responsibility
11. Honesty
12. Strength