Chapter 2: Your Growth and Development

22. What messages could I give myself to help feel more positive about this area?

26. What skills could I develop to help myself?

25. What steps could I take to improve my feelings about this area?

Then answer the following questions:

To develop a more positive self-concept, look at each statement to which you responded "Always True" after completing the activity and the number of circled responses in each column form a total score. 

<table>
<thead>
<tr>
<th>I</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>24. My life is interesting</td>
<td>23. I plan to do something important in life.</td>
<td>22. I can talk easily with others.</td>
<td>21. I can tell others how I feel.</td>
<td>20. Others are close to me, care about my opinions.</td>
</tr>
<tr>
<td>19. Others like to have me with them.</td>
<td>18. I am kind to others.</td>
<td>17. I am a unique individual.</td>
<td>16. I am continuing to grow and change.</td>
<td>15. I enjoy what I do.</td>
</tr>
<tr>
<td>9. People like me.</td>
<td>8. Most people like me.</td>
<td>7. I am usually in a good mood.</td>
<td>6. I enjoy getting up in the morning.</td>
<td>5. Name</td>
</tr>
</tbody>
</table>
(Continued)

Your response: circle the number indicating your response. Here the guidelines at the end of the page to evaluate concepts may have pointed to or. To evaluate your own self-concept, read each statement. Then the statements on the next page identify thoughts and feelings that people with positive self-

5. How could a person's self-concept affect what he or she accomplishes in life?

RESPONSE FROM OTHERS

SKILLS AND TALENTS

PHYSICAL TRAITS

You see yourself

4. Three factors influence the development of self-concept. Under each factor, describe the way...

3. Explain how a person's self-concept can affect feelings of worth and importance of self-esteem.

2. Describe what it means to have positive self-esteem.

1. Define self-concept. Explain the meaning of self-concept and follow the directions on both pages to evaluate yours.

Date

Name

Activity E