

SELF-ESTEEM
Human Behavior
Maslow's Hierarchy of Needs



Name:

1. Define self-esteem:

2. Your self-esteem is made up of all the _____ and _____ you've had in your life. Everyone you've ever met has _____ or _____ how you see yourself!

3. Identify 4 characteristics of people with a high self-esteem:
 - a.
 - b.
 - c.
 - d.

4. Identify 4 characteristics of people with a low self-esteem:
 - a.
 - b.
 - c.
 - d.

5. Identify the 12 steps to high self-esteem:
 - 1.
 - 2.



3.

4.

5.

6.

7.

8.

9.

10.

11.

12.



Let's Review: