Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_\_\_

**Self-Esteem Guided Notes**

1. Draw the health triangle and label all three sides.
2. What is self-esteem?
3. Make a list of your strengths and weaknesses. List at least 3 on each side.

Strengths Weaknesses

1. List four of your own personal values.