

## SELF-ESTEEM METER

**Ages:**

9-18

**Self-Esteem and Why it's Important:**

Put simply, self-esteem is how you *feel* about yourself and how you see yourself overall. What you think of yourself matters; it affects everything you do. For example, if you think you're not qualified to do something, you are less likely to go out and try to accomplish that thing. The opposite is also true, if you believe in your ability to work through something challenging, you are more likely to keep on pushing through until you overcome. Having and maintaining a healthy level of self-esteem is essential to personal success.

**Description:**

This activity comes from a Girls Inc. Indy Empowerhub collaboration, and is inspired by our Redefining Beauty programming. It is based on our belief that **every** person should be allowed to see and explore their inner beauty, their unique qualities, their reasons to love who they are! In this activity, you will create and personalize a meter to fit your self-esteem journey.

**Time:**

20-30 minutes

**Materials Needed:**

- Paper
- Something to write with (Pens, markers, crayons, etc.)
- Printed template (optional)

**Instructions**

Before you begin creating your meter (see page 3), brainstorm some goals that you have for yourself. Try to come up with a range of goals, you want some of them to be as simple as trying to eat healthier. And then come up with some bigger goals, such as learning a new language, or career plans. After you've completed that, you can begin filling out your meter. The goal of the meter is to display and identify what **your** self-esteem might look like at different levels.

## Let's Begin!

### Step 1:

Create your meter, you can do this with a pencil and paper, or you can print out the featured template. Make this meter personal by writing your name on it.

### Step 2:

Start at the bottom of the meter (lowest level of self-esteem) and create an arrow or a branch to the side. This is where you will write what you might behave like with low self-esteem. Ask yourself, "if I experience low self-esteem what could that look like"? If you have low self-esteem you might be less likely to take chances or try something new. For example, if I have low self-esteem, I might be less likely to raise my hand in class or stand up for myself.

### Step 3:

Move to the middle of the meter, (mid-level of self-esteem) and create another branch or arrow. Here you will write what you might be like if your self-esteem grew from the lowest level or previous branch. What would you do now that you wouldn't when your self-esteem was lower on the meter? What goals would you be willing to go out and accomplish that you wouldn't before? It's also important to think about the steps and actions you must take to increase your self-esteem. Things such as, positive self-talk and taking time to get to know yourself.

### Step 4:

Now move to the top of the meter, (highest level of self-esteem) and create your third and final notch or branch. Write what you might accomplish, how you might feel about yourself and see yourself with this much self-esteem. Think about what you have to do in order to reach this level. It's also important to think about whether or not you can have too much self-esteem. What could happen if you think too highly of yourself? Why is it important to find a balance between self-confidence (self-esteem) and humility?

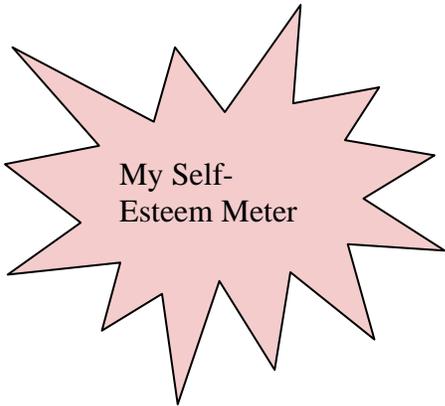
### Step 5:

Take a moment to reflect on what you have come up with, keep this guide, and reference it as you grow and develop your self-confidence. Remember that it's okay to not feel great about yourself all the time. High self-esteem and self-worth take consistent practice. For tips and everyday applications on how to help increase your self-esteem click [here!](#)

You can write different ways to increase your self-esteem all-around your meter!

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**Printable Template:**



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

A large, empty graphic for a self-esteem meter. It consists of a rounded rectangular shape on top and a large oval shape on the bottom, both outlined in black. The space inside is blank for drawing or writing.

High self-esteem:  
What does that look like  
for me?

What can I do to raise  
my self-esteem from  
here?

Mid level self-esteem:  
What does that look like  
for me?

What can I do to raise  
my self-esteem from  
here?

Low self-esteem:  
What does that look  
like for me?

## ACTIVITY RECAP

### Discovery Questions:

- What do you think of this activity? What did you already know about self-esteem before completing this activity?
- Why is it important to be aware of how high or low our self-esteem is?
- Think about where your self-esteem currently ranks on your meter, how can you use what you've learned to increase that self-esteem or help keep it in balance?
- With a parent/guardian's permission, share with us what you think of the Self-Esteem Meter on our Instagram page with the tag @girlsincindy.

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