

LEARNER WORKBOOK

Unit 18 – Building Self Esteem



RSAS Training Strategy Project 2018



Activity 1: Quiz - How is your self-esteem?

The starting point of building our self-esteem is knowing what our level of self-esteem is right now.

Instructions:

1. On the next page you will find a short quiz. All you need to do is read the statement (or the trainer may do this) and put a cross as to whether you strongly disagree, disagree, agree or strongly agree.
2. Make sure you understand the questions.
3. There are no right or wrong answers.
4. You should take your time answering.
5. At the end of the quiz, the trainer will help you do your scores and you can discuss what these scores mean.
6. Circle at least one thing you are strong at.
7. Then circle one thing you want to improve to help your self-esteem. During the rest of the course think about what things you can do that will help build your self-esteem. If you are strong in all areas, consider how you can maintain that strength. At the end of the course, you will be asked to write a plan to do this.

Note: Nobody else has to see your scores or what you write unless you want them to.

Time required: 20 minutes

SELF-ESTEEM QUIZ

	Strongly disagree	Disagree	Agree	Strongly agree
1. I feel that I am equal with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I feel that I have a number of good qualities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. All in all, I am inclined to feel that I am a failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I am able to do things as well as most other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel I do not have much to be proud of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I take a positive attitude toward myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. On the whole, I am satisfied with myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I wish I could have more respect for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I certainly feel useless at times.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. At times I think I am no good at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Question	Strongly disagree	Disagree	Agree	Strongly agree
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
TOTALS				

Overall score:



Activity 2: Share your happiest memories and take notice of how you feel when you talk about them.



Instructions

This activity is designed to release your happy hormones. The more happy hormones you release the better you feel about yourself.

Share your happiest memories with your group and take notice of how you feel when you talk about them. You may choose to do this in small groups or in the class group. This will depend on the size of the group.

Time required: 5 – 10 minutes



Activity 3: When you respect yourself, other people will respect you.

Instructions

Think about the following statement: When you respect yourself, other people will respect you.

- Do you agree with this statement? Why or why not?
- In your class group, discuss what respecting yourself means to you.

Time required: 10 minutes



RESPECT



Activity 4: Try something new – and help increase your confidence!

1. What new things have you tried in the last year?
2. What are three new things you would like to try in the next year?

Instructions

When answering these questions you might like to consider such things as learning a new skill, joining a club, becoming a RSAS officer, doing some study or travelling somewhere you have never been before.

Make a poster of the most adventurous things your group has done or would like to do.

Time required: 10 minutes





Activity 5: Giving and receiving compliments

Giving and receiving compliments is a great way of building our own and other people's self-esteem. Unfortunately not many of us are very good at doing this.

This is an opportunity to practise.

Instructions

- What is the best compliment you have ever received? Share it and write it down on the whiteboard or flip chart. Explain how the compliment made you feel.
- Now stand or sit in a circle, with one person in the middle. Each person is to say one thing they admire about the person in the middle (even if it is simply having the courage to stand in the middle) and the person in the middle is to simply reply 'Thank You'. That is the best way to receive a compliment.
- Reflect on how this exercise has made you feel.

Time required: 15 minutes





Activity 6: Making your plan

Time required: 25 minutes

Now it is time to start making a plan to improve or maintain your self-esteem.

- Firstly you will need a goal.
- Then you need a starting date, some actions, and a way of monitoring how you are going towards your goal.

Sample RSAS self-esteem related SMART goal:

Be respectful to the kids and insist they show respect to each other, to their teachers and to me, starting today.

Sample action for the respect goal:

Say hello to each kid every morning using their name. Tell them you are pleased to see them.

SELF-ESTEEM PLAN

MY PROFESSIONAL GOAL IS:

Date	Action towards goal	Completed/ Comments

MY PERSONAL GOAL IS:

Date	Action towards goal	Completed / Comments

Need help with sticking to your plan?

Ask you RSAS mentor or supervisor to work with you on your plan.

Remember we never achieve anything by ourselves. Everybody needs a little help. Why not meet every week with the team and celebrate your achievements together!



Good Luck !

Note Page:



MELBOURNE

Level 8, 20 -22 Albert Road
South Melbourne
VIC 3205, Australia

Phone: +61 3 9624 2300
Email: nesa@nesa.com.au

SYDNEY

Level 1, 33-35 Belmont Street
Sutherland
NSW 2232, Australia

Phone: +61 2 9119 3098
Email: rsas@nesa.com.au