



## Self-Esteem Bank

What is self-esteem? It's feeling good about yourself and the things you do.

Feeling good about yourself is even more valuable than money. And just like money, it's important to save it up!

### Ways to fill your self-esteem bank



- Getting positive reactions from others for the things you do. *Think of an example* \_\_\_\_\_
- Working toward your goals. *Example* \_\_\_\_\_
- Learning new things. *Example* \_\_\_\_\_
- Helping others. *Example* \_\_\_\_\_
- Making good choices. *Example* \_\_\_\_\_
- Fixing your mistakes (taking responsibility). *Example* \_\_\_\_\_
- Noticing your effort, even if you didn't succeed. *Example* \_\_\_\_\_
- Seeing your progress, even if you didn't finish. *Example* \_\_\_\_\_
- Thinking positive thoughts during challenges. *Example* \_\_\_\_\_
- Accepting challenges even if you're scared. *Example* \_\_\_\_\_

Can you think of other ways to fill your bank?

## Ways your bank gets drained



- Being mean to yourself when you make a mistake. *Example* \_\_\_\_\_
- Making poor choices, especially if you know better. *Example* \_\_\_\_\_
- Choosing not to help others. *Example* \_\_\_\_\_
- Giving up. *Example* \_\_\_\_\_
- Not trying your best. *Example* \_\_\_\_\_
- Not noticing your progress. *Example* \_\_\_\_\_
- Lying or cheating. *Example* \_\_\_\_\_
- Thinking negatively during challenges. *Example* \_\_\_\_\_

Can you think of other things that drain your esteem bank?

How full is your bank? (0-10 scale)

Name one way you will work on filling up your bank?

Name one thing you will do to stop draining your bank?

## You can do it!!



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***Better Behavior: Helping Kids Create Change and Improve Relationships***, by Noah Kempler, PsyD, Available at [Amazon.com](https://www.amazon.com)