6 Self-Esteem Activities for Teens

Affirmations
1. Start with the words “I am...”
2. Keep them positive
3. Keep them short and specific
4. Keep them in the present time
5. Include a “feeling” word about yourself

Self Confidence
1. Think of a situation in which you felt confident
2. Think of a situation in which you lacked confidence
3. Brainstorm ways to feel more like you did in situation one than in situation two

List your wins in:
- The first phase of your life
- The second phase of your life
- Recent successes
- Successes you want to achieve in the next five years

Coat of Arms / Family Crest
Fill the crest with things you value, things you love, or anything that you feel represents you. Be creative and decorate it to reflect who you are.

My Goals
Setting Goals:
- Something I want to accomplish in the next week
- Something I want to accomplish in the next month
- Something I want to accomplish in the next year
- Something I want to accomplish in the next five years

Obstacles and Strategies:
- Obstacles to reaching my goals
- Things I will need to do to achieve my goals
- What I can begin doing tomorrow to work towards my goals

Flipping Your Mistakes, Failures and Obstacles
Think about the mistakes, obstacles and failures you have faced, brainstorm how to flip each one, and commit to the flip.