

Section 2-2

Note Taking Guide

Self-Esteem (pp. 36–41)

Self-Esteem and Your Health

1. Complete the table with details about self-esteem.

Level of Self-Esteem	Characteristics
High	a. <u>self-acceptance</u> b. _____ c. _____ d. _____
Low	e. <u>lack of self-respect</u> f. _____ g. _____ h. _____

Section 2-2: Note Taking Guide *(continued)*

How Self-Esteem Develops

2. Complete the outline by adding details about how self-esteem develops.

I. How Self-Esteem Develops

Increases or decreases as people interact with family,
peers, and community.

A. Childhood

B. Adolescence

C. Adulthood

Improving Your Self-Esteem

3. List seven suggestions for improving your self-esteem.

a. *Make a list of your strengths and weaknesses.*

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

Section 2-2: Note Taking Guide *(continued)*

Achieving Your Potential

4. Fill in the sequence with details about each need. Start at the bottom and work up.

