



# The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals

*Lisa M. Schab*

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As a teen, it is incredibly important to have self-confidence, especially when you consider societal pressures about appearance and grades. Just growing up is difficult in and of itself, and in the midst of all this life-related stress, you may not be seeing yourself clearly. In fact, you may be magnifying your weaknesses and minimizing—or even ignoring—your true assets.

Psychologists believe that low self-esteem is at the root of many emotional problems. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving of the respect of others. When you have low self-esteem, you put little value on your opinions and ideas, and may find yourself fading into the background of life. Without some measure of self-worth, you cannot accomplish your goals.

In *The Self-Esteem Workbook for Teens*, you will learn to develop a healthy, realistic view of yourself that includes honest assessments of your weaknesses and strengths, and you will learn to respect yourself, faults and all. You will also learn the difference between self-esteem and being self-centered, self-absorbed, or selfish. Finally, this book will show you how to distinguish the outer appearance of confidence from the quiet, steady, inner acceptance and humility of true self-esteem.

The book also includes practical exercises to help you deal with setbacks and self-doubt, skills for dealing with criticism, and activities that will aid in the development of self-awareness, self-acceptance, and self-worth. With the right amount of self-confidence, you will have the emotional resources you need to reach your goals.

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