

Social Studies
Form One

Self Esteem & Self Confidence

A. Instructions: For each of the statements below write whether it is an aspect of **self-esteem** or **self-confidence**.

1. I believe I will win this race. _____

2. I love myself. _____

3. I am strong and brave. _____

4. I am not afraid to take risks. _____

5. I am special and important to others.

6. I will always overcome challenges.

7. I am worthy of all good things. _____

8. I understand my strengths and weaknesses make me who I am. _____

9. I always underestimate my abilities.

10. I am going to pass this exam with full marks.
