

IDENTITY, SELF ESTEEM AND BODY CARE



1. What is Personal Identity?

- a) It is caring of your body.
- b) It is the personal value you have about yourself.
- c) It is the concept you develop about yourself.

2. What is Self-Esteem?

- a) It is caring of your body.
- b) It is the personal value you have about yourself.
- c) It is the concept you develop about yourself.



3. What is Body Care?

- a) It is caring of your body.
- b) It is the personal value you have about yourself.
- c) It is the concept you develop about yourself.

4. Personal Identity includes:

- a) Aspects of your life that you have no control over.
- b) Where you grew up.
- c) How you spend your time.
- d) All of them.

5. The personal identity allows an individual to appear unique through a specific combination of _____.

- a) personality and characteristics
- b) abilities and interests.
- c) physical attributes and biography.
- d) All of them.

6. What types of Self-Esteem can we have?

- a) Healthy and unhealthy self-esteem.
- b) Rich and poor self-esteem.
- c) Healthy and low self-esteem.
- d) All of them.

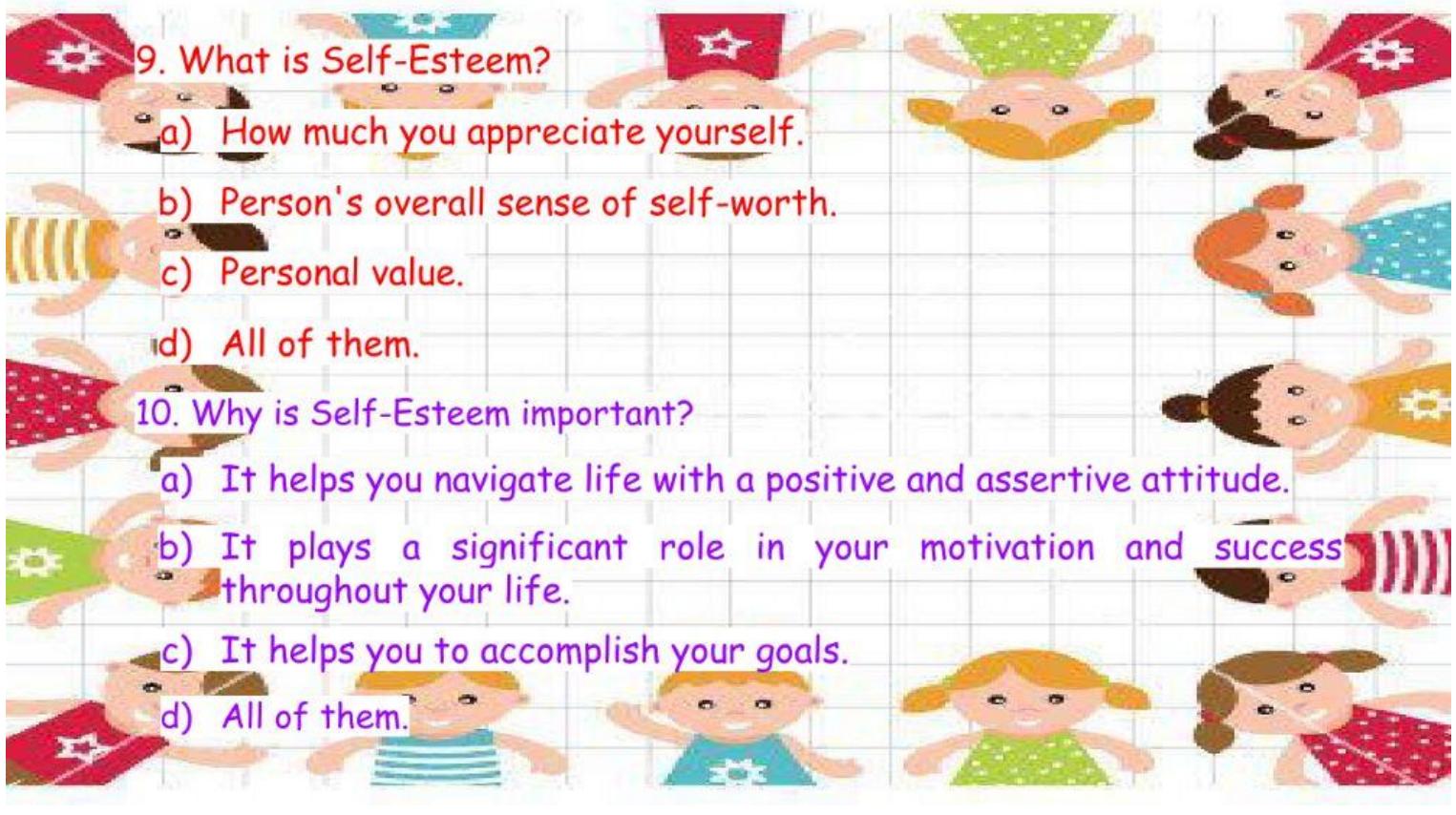


7. What are signs of Healthy Self-Esteem? (more than 1 option).

- a) Able to say "no".
- b) Be able to accept strengths and weaknesses.
- c) Trouble accepting positive feedback.
- d) Able to express your needs.

8. What are signs of Low Self-Esteem? (more than 1 option).

- a) Able to say "no".
- b) Fear of failure.
- c) Trouble accepting positive feedback.
- d) Unable to express your needs.



9. What is Self-Esteem?

- a) How much you appreciate yourself.
- b) Person's overall sense of self-worth.
- c) Personal value.
- d) All of them.

10. Why is Self-Esteem important?

- a) It helps you navigate life with a positive and assertive attitude.
- b) It plays a significant role in your motivation and success throughout your life.
- c) It helps you to accomplish your goals.
- d) All of them.



11. Why is important to look after your body?

- a) To help you to stay well and healthy.
- b) To help you to stay in bad condition as long as you can.
- c) All of them.

12. Why should you care about your body?

- d) To avoid overweight.
- e) To avoid diseases.
- f) All of them.