

Functional Definition of Self-Esteem

1. I AM SIGNIFICANT.

- What I do and who I am is important and makes a difference.

2. I AM LOVABLE.

- Just the way I am.

3. I AM CAPABLE.

- I can do things and achieve goals.
- I am intelligent.

4. I AM POWERFUL.

- I am empowered to change and to create.

5. I AM RESPONSIBLE.

- I assume responsibility for my actions and inactions. I am sensitive to the needs and rights of others and act accordingly.