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.

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