SELF-MANAGEMENT SKILLS

SELF-ESTEEM AND SELF-CONFIDENCE

Being a student requires a healthy sense of **self-esteem** and **self-confidence.**

You develop these attributes by believing in your worth and value. If you don't believe in yourself, how can anyone else. It is also important to acknowledge your worth as a successful learner.

With the intensity of study ever present, it is perfectly **natural** to experience self-doubt.

This is why you need to find a balance between using your strengths and developing areas you perceive as weak.

Being vigilant and on the lookout for warning signals that your self-esteem is declining. Then act swiftly to remedy it.

Look out for:

- a reluctance to try new things
- losing your assertiveness and presence
- feeling that your best isn't good enough
- focussing on unimportant and irrelevant things
- becoming temperamental and thinking inconsistently
- not enjoying the challenge of striving to continually improve
- preferring to be alone more than usual.

As soon as you begin to notice any of the above, tell your team. They will help you develop strategies to overcome the obstacle.

Some proactive things you can personally do include:

- display any school or extracurricular achievements: awards, certificates, medals, work that has achieved good grades, etc. These will remind you what you have achieved so far and inspire you
- imagine achieving a **PB** and use that feeling to inspire your efforts
- accept compliments
- confirm that you are on track by completing an Urgency versus Importance matrix of what you are doing.

ACTIONS

What are two things that I will start doing to improve my self-esteem and self-confidence?

1.

2.

NOTES / PRIORITIES / DUE DATES

SIGNATURES: PARENT/GUARDIAN

TEACHER

MINDFULNESS ACTIVITY

Keyboard Keys. You are not allowed to count! Concentrate hard on your keyboard to see patterns as to how many keys there are on the board; it's about seeing how the keys build up.

WELLBEING TIP

Good fats in nuts, oily fish and avocado help the body burn fat and absorb vitamins and minerals.

WHAT WENT WELL THIS WEEK AND WHY?

1.

2.

3.

THINGS TO DO - WEEK: SEPTEMBER/OCTOBER 2020

28 MONDAY

29 TUESDAY

30 WEDNESDAY

1 THURSDAY

2 FRIDAY

3 SATURDAY

4 SUNDAY

VALUE FOR LIFE

ASSERTIVENESS