

April Life Skill On The Go |SELF: Who Am I? Appreciating Your Accomplishments & Assessing Your Confidence

“The greatest accomplishment is not in never falling, but in rising again after you fall.”

— Vince Lombardi Jr.

“The man who thinks he can and the man who thinks he can't are both right. Which one are you?”

— Henry Ford

“To accomplish great things, we must dream as well as act.”

— Anatole France

There are many famous quotes and sayings about how we accomplish great things in life or about having or not having the self-esteem to do so. You may dream about the great things that your youth will accomplish in his/her life. Do not forget to celebrate each of your mentees accomplishments and help them develop a strong positive self-esteem. LeFrancois (1996) defines self-esteem as the positive or negative way an individual views himself or herself. It also entails the desire to be held in high esteem by others. Support your mentee to build a positive image of her/herself.

For many people identifying, sharing about, or celebrating accomplishments can be very difficult. Yet doing so can help a person develop self-esteem that will better their entire life. This month take time to notice your mentee’s self-esteem and celebrate a recent accomplishment to help boost their self-esteem.

Activity/Discussion:

You will often find questionnaires floating around the internet asking you to respond to questions and then pass the questions and your answers along to your friends requesting that they do the same. As a match share your answers to the below questions in person, though email, or through a Facebook message. It is always better when both people share. As you do this with your mentee try to identify his/her level of self-esteem.

This activity was taken from Concepts of Self-Awareness from the Baylor University’s Community Mentoring for Adolescent Development document page 199, which you can find here http://www.mentoring.org/downloads/mentoring_435.pdf.

Getting to Know Me: Complete the following prompts. Encourage honesty and depth.

I hate...

I wish...

I fear...

I love...

I hope...

I’m embarrassed when...

The thing that bothers me most...

The thing I am most afraid of...

I want most to be...

Regarding myself, I feel...

I am most cheerful when...

My greatest interest in life is...

I have great respect for...

My hero is...

When I am the center of attention, I feel...

I feel awkward when...
When I am angry, I...

This month find a unique way to celebrate one of your mentee's recent accomplishments. Remember that celebrating is not about spending money or eating sweet foods; rather it is about how you can help your mentee feel special and identify for themselves what they have accomplished.

LeFrancois, G. (1996). *The lifespan*. New York: Wadsworth.

Take it deeper by [clicking here](#) to explore the following websites, activities and resources. If you know of a great resource or an activity that worked for your match, please share it with us so we can continue to improve the program.

Review the Short Article *Concepts of Self-Awareness: Emotional Well-Being, Self-Esteem, and Self-Actualization* http://www.mentoring.org/downloads/mentoring_435.pdf

Learn more about self-esteem and helping your mentee build up theirs. Consider doing another activity from the article. AYO feels this is a good article about self-esteem and includes several good activities, but we would like to share two thoughts before you utilize the document.

First, when considering the table on page 195 that lists "Behaviors Commonly Seen in Students with High/Low Self-Esteem," understand that this is not an exhaustive list and that some of the listed behaviors could be reflective of an introverted or extraverted personality rather than indicative of esteem level.

Secondly, AYO recognizes that eating disorders are highly complex and should be treated as such. The information about eating disorders on pages 195-197 has information that may be outdated or incorrect. AYO does not endorse the eating disorder information provided in this document.