

HIGH SELF-ESTEEM

LOW SELF-ESTEEM

Directions: Create a "T" chart and place the following characteristic under High/Low self-esteem.

RARELY RAISE THEIR HAND OR VOLUNTEER

ATTRIBUTE THEIR SUCCESS TO THEIR OWN ABILITIES AND EFFORTS

WORK COOPERATIVELY WITH OTHERS

HAVE A WIDE CIRCLE OF FRIENDS

TYPICALLY, RELUCTANT TO RISK FULL EFFORT - THEY SAVE FACE BY SAYING "WHO CARES?"

OPEN TO THE IDEAS OF OTHERS

FOCUS ON THEIR FEARS AND WORRIES

OFTEN SET HIGH STANDARD FOR THEMSELVES AND WORK TOWARDS GOALS

TAKE PRIDE IN THEIR ACCOMPLISHMENTS AND ARE CREATIVE

TAKE RESPONSIBILITY FOR THEIR ACTIONS

ENGAGE IN A VARIETY OF DEFENSE MECHANISMS, INCLUDING LYING AND CHEATING, TO AVOID A SITUATION THAT CHALLENGES THEM

ARE GENERALLY AWARE OF THEIR STRENGTHS AND WEAKNESSES

ARE OFTEN EXTREMELY SHY AND WITHDRAWN OR, TO THE OTHER EXTREME ARE LOUD AND BOISTEROUS

SKILLFULLY PROCRASTINATE AND MAKE EXCUSES, RARELY TAKING THE RESPONSIBILITY OF THEIR ACTIONS

GENERALLY HAVE AN OPTIMISTIC VIEW OF LIFE

ARE NOT OVERLY CONCERNED WITH WHAT OTHERS THINK ABOUT THEM

ARE NOT AFRAID TO EXPRESS THEIR OPINIONS

HAVE A WHOLE LIST OF WAYS TO GET OUT OF DOING SOMETHING - THEY ARE EXPERTS AT IT!

TEND TO BE SELECTED AS LEADERS