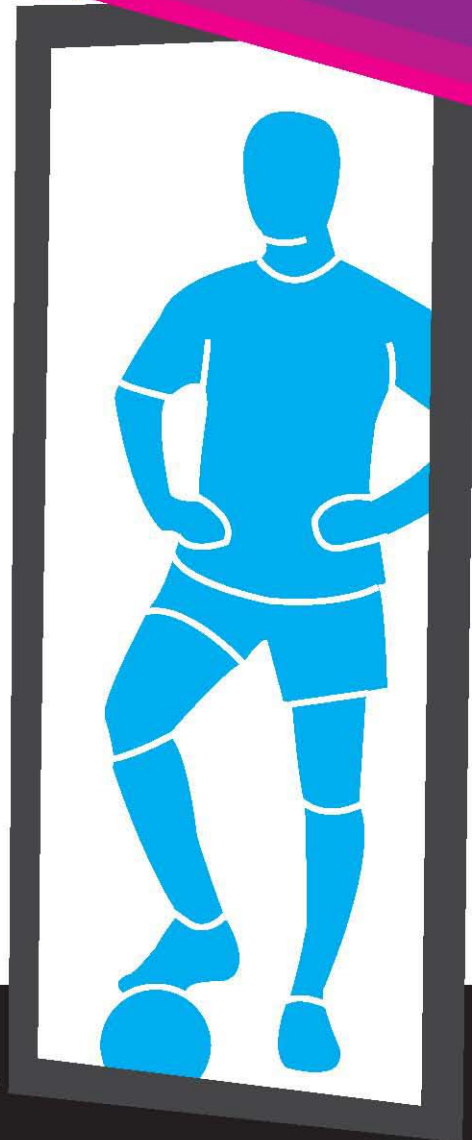


SELF ESTEEM

5 Minute Self-Esteem Boot Camp

Quick Tips To Help Kids
Improve Their Self-Esteem

**A Parent
Friendly Resource**





5 Minute Self-Esteem Boot Camp: Quick Tips To Help Kids Improve Their Self-Esteem. A Parent Friendly Resource.

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Published in Canada



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This book is to be used as a quick, easy, functional resource on the important points of self-esteem to get you up to speed with what this issue involves. The goal of this book is to make sure you spend less time reading and more time sparking up conversations.

The Best Way To Use This Resource

- Read the book once on your own and do the assignments with you as the focus first. Once you are comfortable with the material, work through it with your children. This way you get a much better understanding of everything discussed and what is asked of your child.
- Each page is designed to be posted on a fridge or any other prominent place as quick reminders when you are working through self-esteem problems with your children.
- You are more than welcome to share some of these pages with others who influence your children. We also offer a teacher version of this resource, more tailored to the needs of educators.
- Please keep in mind that if you'd like to share the whole book with others, we'd prefer that you refer them to our website to purchase their own copy. It is, as you know, a very inexpensive resource. The funds go to the production of more great resources that will help you and your child work through other problems they may have.

Lead Teach Inspire!
Unique Education Resource Stuff 



“To wish you were someone else is to waste the person you are.”
~Anonymous

Personalities Of Low Self-Esteem

The development of our personality and our opinion of self comes from the messages we hear from other people. We all have heard people refer to others as popular, shy, lazy, nerdy, etc. As we get older, we either accept or doubt these perceptions of us and create our self-esteem. Issues arise when we accept these perceptions as the truth. People with low self-esteem reflect it in their personalities creating common traits whether they realize it or not.

Check all the boxes that apply.

The Faker

- Gives the impression of one who is stable and successful, but is very afraid of failure.
 - Is always fearful that he/she will be ‘found out’.
 - Must always succeed to maintain positive self-esteem; may eventually lead to a break down.
 - Tends to be highly competitive and a perfectionist.
 - Procrastinates – fears failure.
-

The Radical

- His/her demeanour suggests that the opinions of others (especially influential and powerful people) are not important.
 - Is always angry because he/she does not feel ‘good enough’.
 - Feels the need to prove that judgments and criticisms of others don’t hurt. This may lead to breaking rules or laws, blaming others excessively or fighting authority.
-

The Loser

- Acts helpless and waits to be rescued because they cannot cope with the world.
 - Fears taking on responsibility for changing his/her life. The loser uses self-pity or indifference as a barrier.
 - Seeks guidance from others in most things, which can lead to underachieving, a lack of assertive skills and excessively relying on others in relationships.
-



Thank you for choosing an LTI resource!

We hope you got a lot out of it.



Getting children and adolescents to open up and engage in discussion about self-esteem issues is difficult but it is an absolute necessity for positive values to be anchored for a lifetime.

We know your time is valuable therefore we have made it our focus to provide quick, functional, easy and inexpensive resources that ensure you have ‘covered all the bases’ with your children.

Check back to www.leadteachandinspire.com frequently for more great resources.

Help us be error-free

Though we do our best to ensure accuracy in all of our publications occasionally some can slip under the fence (we're only human). If you spot any errors in this publication, we'd love to know about it so that we can continue to improve our products. As a thank you, we will send you the improved version, free of charge.

Have an idea of how we can make this book better?

We're always interested in new perspectives on our publications and making them the best they can be. If we use your suggestion, we'll send you one of our other publications free! If you have any resources that you have created and would like to have distributed by us, we are more than happy to work with you to make that a reality.

Referral Program

Know some other like-minded people who would be interested in this or one of our other publications? If they put your name down as a referral, we'll give you a copy of one of our other eBooks absolutely FREE!



5 Minute Self-Esteem Boot Camp eBook:

Quick Tips To Help Kids Improve Their Self-Esteem.

The Teacher Version

Get teachers to be on the same page as you to further anchor the work that you are doing with your children.

Lead Teach Inspire!
Unique Education Resource Staff

Now Go Spark A Conversation!

