



## Counselor's Corner



Mrs. Rae

### Self-Esteem

Self-esteem is a key to relationship building, self-confidence, happiness, and fulfillment. Self-esteem begins to develop during childhood. Society, peers, family, and media play a critical role in this development...whether it is a positive or negative influence. Can we develop our self-esteem or change it for the better? Read this short article from the Dove Self-esteem project...

### Can We Develop our Self-esteem?

Self-esteem is core to how we act and react, make decisions and the path that we choose to take through life, which is why building self-esteem is a crucial must-have life skill.

Throughout our lives, we each have the opportunity to take responsibility for our happiness. The good news is that it's possible to switch our self-esteem levels from low to high by knowing who we are, not relying on others to validate our thoughts and opinions and knowing that we are more than numbers on a set of scales or the label on our clothes.

**Remember ... you have the power to be who you want to be!!!!**