




me 
Self-Esteem

What contribution do you make to your school/family? 


What ambitions do you think your parents/carers have for you? 

Who do you admire? Why? 

What achievement(s) are you most proud of? 

What job do you think you might be good at? 


Who makes you feel valued? How? 

How have you turned something negative into something positive? 


What are your ambitions? 

What do you need to do to achieve your ambition(s)? 

What's the best thing about where you live? 

What difficulty have you ever had to overcome? How did you do it? 

When did you last try out something new? 

Which subject at school do you most enjoy? Why? 

Where is your favourite place?



What do you hope your life will be like in ten years from now?



What do you think is your best characteristic or trait?



When have you stood up for yourself?



How do you keep fit and healthy?



What do you like about being part of your family?



How do you reward yourself for doing well?



What would make you feel more confident?



What or who has inspired you recently?



What target can you set yourself right now?



How do you keep yourself safe?



What have you done today to make you feel proud?



What would you most like to do if time/money was no object?



Which mistake are you glad you made?



What responsibilities do you have?



What was the nicest compliment or praise you have ever received?



What three things do you value most in your life?



What challenge have you risen to?



What would you like to be remembered for?



Who would you trust enough to ask for help if you need it?



How has someone helped you out recently?



Are you a leader or a team player?



What are you good at? Why?



Who do you think you think you are most like in your family? Why?



What advice might the future you give you right now?



How are you changing something about your life that you don't like?



Who are you proud of? Why?



How have you helped someone else out recently?



How do you
celebrate your
birthday?



What makes you
respect someone?



What are you
looking forward to
at the moment?



What have you
found interesting
to learn recently?



How has someone
shown you that
they care?



How have you
overcome a fear?



Can you describe
yourself in just
three words?



Where do you enjoy
spending time?



What makes you unique?



Who or what
couldn't you
be without?



How confident are you?



How has it helped to
set yourself a target?




When have you
been assertive?



What's the
best thing
about being you?



What would you like people to know about you? 


What's your favourite memory? 


How have you been a good role model? 

How have you been kind to someone recently? 


How have you shown willpower? 

How have you made a difference to someone? 


What have been the most significant positive events in your life? 

What 'life skills' (e.g. cooking) do you have? 

What do you feel strongly about? 

How would you define 'success'? 

How has someone been kind to you recently? 

What is 'self-esteem'? 

What are your strengths? 

What do you desire most? 

What would you like to win an award for?



What motivates you?



What would your friends say are your best qualities?



What qualities do you admire in others?



When did you last surprise yourself?



When did you last make a good decision?



What do you feel grateful for?



Who do you think most understands you?



If you knew you couldn't fail, what would you do?



What makes you happiest?



What is your favourite song? Why?



What do you enjoy doing in your spare time?



What is the most important thing that your family has taught you?



How do you release stress?



What helps you to learn?



How do you react
when someone
pays you a
compliment?



When did you
last take a risk that
turned out well?



When did you last
speak up about an
issue or situation?



How have you
helped someone to make
a better choice?



**It's my turn
to speak!**

TIPS keep a diary join a club stop comparing yourself to others treat yourself have a goal do something relaxing mix with positive people don't put yourself down accept compliments

Who do you most
feel that you can
be yourself with?



Who do you respect?
Why?



What do you
think you are
improving at?



When have you
surprised someone
by surpassing their
expectations?



Suggestions

These cards can be used as a stimulus for discussion with individuals, groups or class. Some questions may need adult explanation or to be put into a familiar context to aid the young people's thinking. Be sure to offer additional support if any problematic issues arise.

Self-Esteem
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RESOURCES TO WEATHER THE WOBBLES

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