

# S E L F ESTEEM CROSSWORD PUZZLE

Are you puzzled  
... by the importance of self-esteem?  
... by it's meaning?  
... by the way it enters into everyday conversations?  
Try this puzzle... every answer relates to self-esteem.  
Have fun while learning these self-esteem terms!



## ACROSS

1. confidence and satisfaction in oneself
4. to regard highly; esteem
7. a time for nurturance through activities that are completed without rush or haste
8. strategies, techniques, and tools to manage or balance day-to-day situations or challenges
11. personal development
12. distinguishing quality or characteristic
13. a learned communication style that is honest and direct
15. an aim, an objective, or an intention
16. freedom from influence, control or determination of another or others
19. a behavior that allows one to deal with or attempt to overcome problems, challenges, stressors, and difficult situations
20. to take care of and be good to oneself
21. one's value as a person, as perceived by oneself

## DOWN

2. ability to give up resentment or desire to punish, or stop being angry
3. a balance of adequate coping skills, time-effectiveness, and self-control
5. a positive, powerful self-statement concerning the ways in which one desires to think, feel, and/or believe
6. the state of being healthy emotionally, physically, socially, and spiritually
9. awareness of oneself as an individual, and as a worthwhile person
10. moral strength; integrity
14. one's conception of one's own physical self
17. to feel or show honor or esteem
18. pride and self-respect

AFFIRMATION  
ASSERTIVE  
BODY IMAGE  
CHARACTER  
COPING  
DIGNITY  
FORGIVE

GOAL  
GROWTH  
INDEPENDENCE  
LEISURE  
LIFE-SKILLS  
MANAGEMENT  
NURTURE

RESPECT  
SELF-CONFIDENT  
SELF-ESTEEM  
SELF-WORTH  
TRAIT  
VALUE  
WELL-BEING