

# INCLUDED:

## Self-Esteem

### Goals

- Explore and solve issues surrounding self-image.
- Improve self-awareness, self-acceptance, and self-esteem.
- Develop a consistent, positive self-image.
- Demonstrate improved self-esteem through pride in appearance, assertiveness, eye contact, and identification of positive traits in self-talk messages.
- Establish an inward sense of self-worth, confidence, and competence.

### Objectives

- Acknowledge feeling less competent than most others.
- Discuss life events that led to a negative self-image.
- Identify current life events or thoughts that reinforce a negative self-image.
- Understand cognitive distortions and low self-esteem.
- Identify personality type (i.e., Myers Briggs) and reflect on relevant qualities.
- Decrease the frequency of negative self-descriptive statements and increase the frequency of positive self-descriptive statements.
- Set realistic, appropriate, and attainable expectations of self.
- Report feeling more positive about self and abilities.
- Recognize that each journey is unique and avoid comparing.
- Identify any secondary gains received by speaking negatively about self and refusing to take any risks.
- Increase the frequency of speaking up with confidence in social situations.
- Openly discuss issues relating to sexuality and/or gender and become comfortable with sexual and/or gender identity.
- Increase eye contact during conversation.
- Identify accomplishments that would improve self-image and verbalize a plan to achieve these goals.
- Learn to self-advocate.
- Take verbal responsibility for accomplishments without discounting.
- Decrease the verbalized fear of rejection while increasing statements of self-acceptance.
- Engage in volunteer work and/or other meaningful activities at least once a week.
- Avoid viewing/following social media that negatively impacts self-esteem.
- Verbalize an increased awareness of own dependency.
- Verbalize a decreased sensitivity to criticism.
- Identify your own emotional and social needs and ways to fulfill them.
- Verbalize an increased awareness of boundaries and when they are violated.

5 (FIVE) SELF ESTEEM  
GOALS

&

23 (TWENTY-THREE) SELF  
ESTEEM OBJECTIVES TO  
REACH THOSE GOALS

# Esteem Train 2 Goals

**Jiyuan Zhang**



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