



**LA IMMACULADA CONCEPCION SCHOOL**

Middle School Department

**FIRST UNIT TEST**

**VALUES EDUCATION 6**

**Supplementary Module No.** \_\_\_\_\_

Name 

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Grade /Year \_\_\_\_\_ Section \_\_\_\_\_

Teacher \_\_\_\_\_ Date \_\_\_\_\_

Topic: **APPRECIATING MYSELF**

Knowing oneself is a lifetime skill everyone needs to acquire. It starts from childhood and progresses into adulthood. The first step is to learn how to discover and appreciate the qualities you have. You must nourish these positive qualities and transform unpleasant traits into good one.

You have your own perception of yourself. Others, too, have their own perception of you. What they think about is you is based on their outward observations. It could be looks or physical appearance, posture, grooming, behavior, gestures or actions, and language or the way you speak.

It is important the way others look at you but how you look at yourself is more important. And that is your self-image. It is necessary to develop a healthy image at yourself. You can do this by keeping a positive outlook, taking care of yourself, and being considerate to others. It may also include nurturing a friendly attitude, feeling more confident about your personal appearance, being at ease with everybody, as well as being a good listener.

Your self-esteem creates by your good self-image. It is a feeling of self-worth, and of how much you respect yourself. This is a result of both your own perception of yourself and how others see you. One way to build self-esteem is by using your potentials to be the best you can be.

Person are considered to have low self-esteem if they do not think well. They may be not exerting enough effort to do what is best because they feel they are not good at anything or they not capable of doing things the right way.

To build your self-esteem it is important to surround by people who trust you and who can help you. Self-esteem later leads to self-confidence. You are a confident person if you have faith in your abilities and skills. The more you understand and know yourself, the more confident you become.

*Here are some ways you can build self-esteem and self-confidence:*

- Don't compare yourself with others. You are unique and special. You have talents and abilities no one else may have. You have distinct potentials that you can hone.
  - Think more about those times when you have done something good. Include those when you made a difference in somebody's life by being helpful, kind, or thoughtful.
  - Take part in activities where you excel and are interested in such as hobbies, reading, sports, or spending time with good friends.
  - Don't be afraid of failing. Take the risk and try something new. New experiences can help you grow and discover wonderful things about yourself.
  - Focus on the things you do well. Take pride in your successes such as being truthful, winning friends, overcoming your fears, getting good grades, being disciplined, and growing in faith.
  - Always remember that the most important thing about life is not what you have nor the titles or labels attached to you. It is who you are – the beautiful self-inside – that is most essential.
- 🌈 Appreciating yourself is the first step to building your self-esteem. You know yourself better than anyone else. You alone can decide on what you want to be in the future.