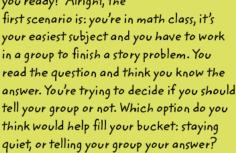
## What you can do

Let's talk more about our self-esteem buckets. I'm going to give you a scenario and you all have to decide if it's filling up the self-esteem bucket or if it's not. Are you ready? Alright, the





## ANSWER:

Although you might be scared that you don't have the right answer, telling your group will help fill your self-esteem bucket. Challenging ourselves to do uncomfortable things could be good for us, like in this scenario. It fills our bucket. Let's try another one.

## What you can do



This scenario is a little different. I'm going to describe some things, and you all tell me if you think this person's self-esteem bucket is full or empty: You notice your friend John has been giving up on a lot of his school work, has been complaining about himself, and telling people he's not good at anything. Do you think John's self-esteem bucket is full or empty?

## ANSWER:

Definitely! John's bucket needs some filling. How do you think John feels about himself? What are some ways we can help John feel better about himself?

