

LESSON 7.2 Building Self-Awareness Note-Taking Guide

Self-Awareness

1. Fill in the following boxes to define self-awareness, and explain why it matters.

What is self-awareness?	Why does self-awareness matter?

Self-Image

2. _____ image is a big part of a teenager’s and young adult’s self-image.

Self-Esteem

3. Self-esteem is how much you _____, admire, and _____ yourself.

Self-Esteem and Health

4. Explain how self-esteem is related to health.

Self-Esteem and Self-Confidence Boosters

5. Write down four boosters of self-esteem and self-confidence.

Boosters