

**Describe your OWN self-image/self-esteem/body-image in 4 sentences!**

**What is Self-Esteem? How are high self-esteem and low self-esteem different?**

**What is body image? What helps us form an idea of our own body image?**

**Define: Healthy Self-Concept**

**List 3 of your Strengths and 3 of your weaknesses:**

**What makes me…ME!?**

**Define: Self-Image**