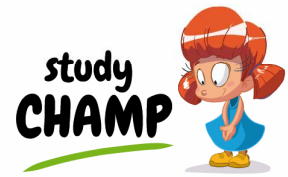


Personal strengths and weaknesses



When you have a **positive self-esteem** you are generally happy with and positive about yourself and your abilities.



The opposite of this, a **negative self-esteem**, results from feelings of not belonging, not trusting your abilities and of generally feeling negative about yourself and your appearance.



Read the following essay that a Grade 5 learner wrote about himself and then answer the questions:

My life, by George Patel

My name is George Patel and I am in Grade 5 in St Albert's Preparatory. My teacher asked me to write an essay about myself.

I have always lived in this town and from when I was very little, I always had quite a lot of friends. My friends will tell you that I am not the most handsome guy in our group, I mean red hair and freckles have never been a good combination! I enjoy doing my school work, but I would rather listen to music. My friends sometimes tease me, because I do well in most of my tests.

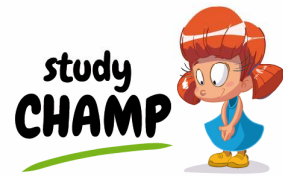
I love sport, but I am unfortunately a bit big and that makes running really difficult for me. I can however bat quite well, but not as good as the best cricket players in our team. Music is one of my passions, I love playing on my guitar. My mother says I must play to my friends, but I am scared they will think it is not 'cool' to play a music instrument.

The best part of my day is when I get home and can eat a big, fat McDonald's burger and chips and listen to music on my iPod.

My dream is to one day be a cricket player or to play in my own band.



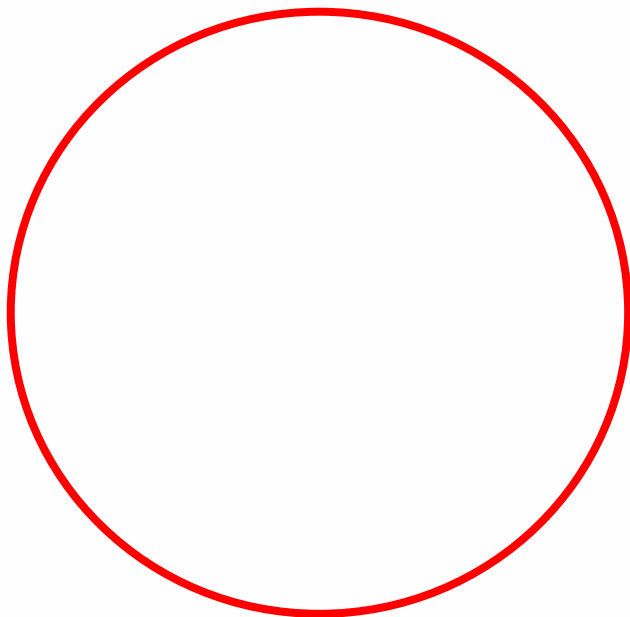
Personal strengths and weaknesses



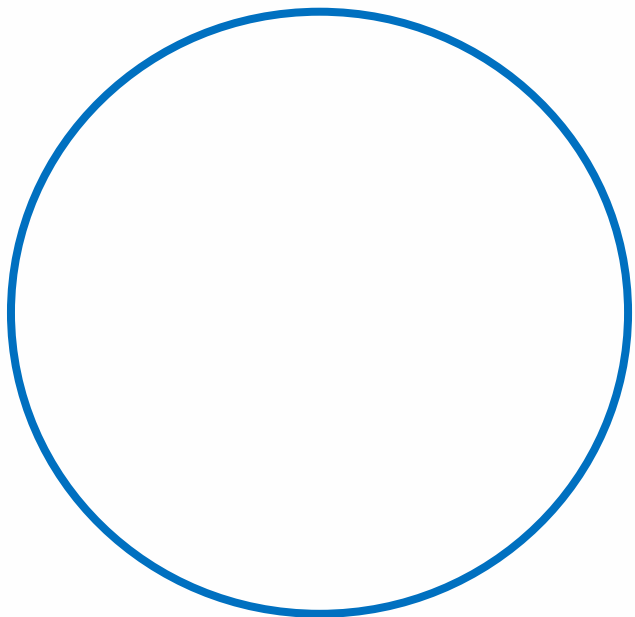
Charlie

*Do you agree that George does not have a positive self-esteem? Let's see if you can help him. Sometimes all that needs to be done, is to list your personal strengths and weaknesses. You can help George by listing his **personal strengths** in the **red circle** and the **weaknesses** in the **blue circle**. He might just be surprised to see all his strengths!*

Personal strengths



Personal Weaknesses



The next step is to work on your weaknesses and for that you need to decide on your **goals**. There are two types of goals:

Short-term goals— goals that can be achieved in the next month or year.

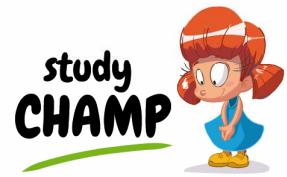
Long-term goals—goals that will only be achieved in a few years.

Help George by listing four short-term goals and four long-term goals for himself:

Short-term goals	Long-term goals



Personal strengths and weaknesses—Memo



Charlie

*Do you agree that George does not have a positive self-esteem? Let's see if you can help him. Sometimes all that needs to be done, is to list your personal strengths and weaknesses. You can help George by listing his **personal strengths** in the **red circle** and the **weaknesses** in the **blue circle**. He might just be surprised to see all his strengths!*

Personal strengths

He has many friends.
 He does well in his school work.
 He can play cricket.
 He plays the guitar well.

Personal Weaknesses

He is lazy.
 He worries too much about what his friends think of him.
 He is unfit and should exercise more.
 He should be more disciplined with schoolwork, eating habits and exercise.

The next step is to work on your weaknesses and for that you need to decide on your **goals**. There are two types of goals:
Short-term goals— goals that can be achieved in the next month or year.
Long-term goals—goals that will only be achieved in a few years.

Help George by listing three short-term goals and three long-term goals for himself:

Short-term goals	Long-term goals
Work harder at school	Be the best student in class
Eat healthier foods	Manage my weight
Practise guitar everyday	Start my own band
Practise batting everyday	Move up in the batting order