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The activities and worksheets below can help your teenager start or continue to build a healthy sense of self-esteem. Designing Affirmations Worksheet Affirmations are a popular way to help combat low self-esteem in both adults and adolescents (Bloch & Merritt, 1993; Lynch & Graham-Bermann, 2000).

Great workbook!" —Kim Kanish, blended case manager, Family Psychological Association "Lisa Schab's The Self-Esteem Habit for Teens is a well-articulated definition of self-esteem and how a teen can acquire and strengthen it in their life. It's really simple and easy to follow,

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Discover the best self-esteem activities for teens that will transform their lives and boost their confidence. Teenage years are not easy. Because of new social changes and changes in the body,

teenagers are riddled with low self-worth and are full of self-doubt.

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