



Name:

Date:

## Self-Esteem Makeover

Instructions: Choose a character in a book, TV show, movie, or even a well-known person in real life, who seems to have low self-esteem. Then describe the “before” self-esteem of your character. Using the KidsHealth.org articles for guidance, create a plan to improve your character’s self-esteem. Describe two or three things your character could do to boost his or her self-esteem. Finally, describe the character’s “after” self-esteem. Has the character’s life changed now that he or she has better self-esteem?

### 1 Before

Describe your character's self-esteem **before** the makeover.

### 2 MAKEOVER PLAN

Describe your plan for boosting your character's self-esteem.

### 3 After

Describe your character's self-esteem **after** the makeover.