

What is My True Beauty?



Directions Part 1: Read “[Self-Concept](#)” by Saul McLeod. Fill in the chart with information from the article.

Term from article:	Your Definition:
<i>Self-image</i>	
<i>Self-esteem</i>	
<i>Ideal image</i>	

Directions Part 2: The article talks about “The Twenty Statements Test.” The study had individuals create twenty statements that answered the question: Who Am I? The answers fit into four categories: **physical description** (ex: *I am tall*), **social roles** (ex: *I am a football player*), **personal traits** (ex: *I am generous*), **existential statements** (ex: *I am a child of the universe*). Make a list of twenty statements to answer the question: Who Are You? Use the categories to guide your statements. Then label your statements as positive or negative.

Who Are You? Statements	Mark the statement positive or negative (highlight or circle your answer).
1.	1. positive negative
2.	2. positive negative
3.	3. positive negative
4.	4. positive negative
5.	5. positive negative
6.	6. positive negative
7.	7. positive negative
8.	8. positive negative
9.	9. positive negative
10.	10. positive negative
11.	11. positive negative

12.	12. positive	negative
13.	13. positive	negative
14.	14. positive	negative
15.	15. positive	negative
16.	16. positive	negative
17.	17. positive	negative
18.	18. positive	negative
19.	19. positive	negative
20.	20. positive	negative

Directions Part 3: Think about having a positive self-image of yourself. What kind of affirmations could you create for yourself using your understanding of the terms in the article? Examples have been provided for you as models for your own responses.

	Modeled answer:	Your Answer
<i>Self-image</i>	<p><i>My positive self-image: I am a teacher.</i></p> <p><i>My affirmation: I will create learning for my students.</i></p>	<p>My positive self-image:</p> <p>My affirmation:</p>
<i>Self-esteem</i>	<p><i>My positive self-esteem: I am caring.</i></p> <p><i>My affirmation: I will make people around me feel valued.</i></p>	<p>My positive self-esteem:</p> <p>My affirmation:</p>
<i>Ideal image</i>	<p><i>My positive ideal image: I want to have an impact on my community.</i></p> <p><i>My affirmation: I will work to change my world.</i></p>	<p>My positive ideal image:</p> <p>My affirmation:</p>