

Nothing can  
dim the light  
that shines  
from within.

~Maya Angelou

# May

## SELF-ESTEEM

Person feels a sense of  
self-worth and self-respect

As families and community members we have the ability to help children build a strong foundation for future success!

Assets are about knowing you and what you are: a valuable, worthwhile person with many talents.

Here are some easy ways to make that difference to youth in your life.

### Youth—

- Set realistic expectations.
- Stop comparing yourself to others.
- Stand up for your personal beliefs.
- Trust yourself. You know more than you think you do.
- Every choice matters.

### Adults—

- Tell them how terrific they are.
- Praise more; criticize less.
- Follow them when they lead.
- Inspire their creativity.
- Applaud their successes.

Provided to you by  
Women's Leadership Council of  
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Healthy Communities/Healthy Youth

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