

The Walch Real Life Series

# **More Power to You**

**Building Confidence  
and Self-Esteem**

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**WALCH**  **PUBLISHING**<sup>®</sup>

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## CHAPTER 1

# Take Time to Take Charge: Set Some Goals

This book will help you get to know yourself better. When you know yourself better, you make better decisions. You get along better with others. You learn to trust yourself.

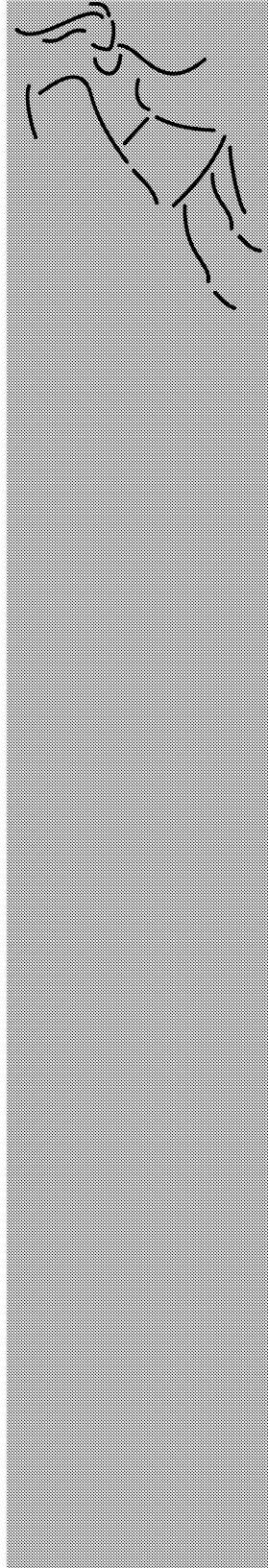
Do the work in this book, and you will also start to learn what to do when things don't go well. Maybe life won't get you down as often. You'll learn to pick yourself up and get going again. Over time, this could mean better jobs, better relationships, a better life—that is, if you're willing to take time today to take charge of your life. It's all up to you.

In this chapter, you will:

- Look at some everyday problems. The idea is to see which ones ring a bell for you.
- Look at what's good about you.
- List some things you're proud of.
- Begin to think about what areas you need to work on.
- List some goals.

\* \* \*

This will give you a base. You can build more self-trust on that base.



## Everyday Problems

**Directions:** Have you ever experienced anything like the following? Put a check (✓) in front of any stories that sound familiar. If you like, jot down some thoughts and feelings about each one in the space below it. You might want to tell about a time something similar happened to you.

- \_\_\_ 1. You were low on money. You let bills and debts slide for months. You thought, “That’s life” or “I can’t help it.” You also felt guilty. But you didn’t call the people you owed to explain your problem.

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- \_\_\_ 2. Someone on the street or in a bus insulted you. It bothered you for hours—or days. You kept wondering what you did to offend this person. You wondered if maybe his insult was true.

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- \_\_\_ 3. Your stereo or TV broke one week after the guarantee ran out. You felt angry, frustrated, and cheated. But you put off calling or going into the store. You complained to your friends about how unfair life is. You’d never buy anything at that lousy store again.

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- \_\_\_\_\_ 4. You had been feeling kind of mad, tired, and bored for a while. Someone said something to you about your moodiness. You lashed out at him or her with an insult.

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- \_\_\_\_\_ 5. You were in a bad situation at home or work for a long time. You didn't really try to do much about it.

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- \_\_\_\_\_ 6. At a work, school, or community meeting, you tried to get your ideas heard. Nobody seemed to be interested or to take you seriously. You felt frustrated.

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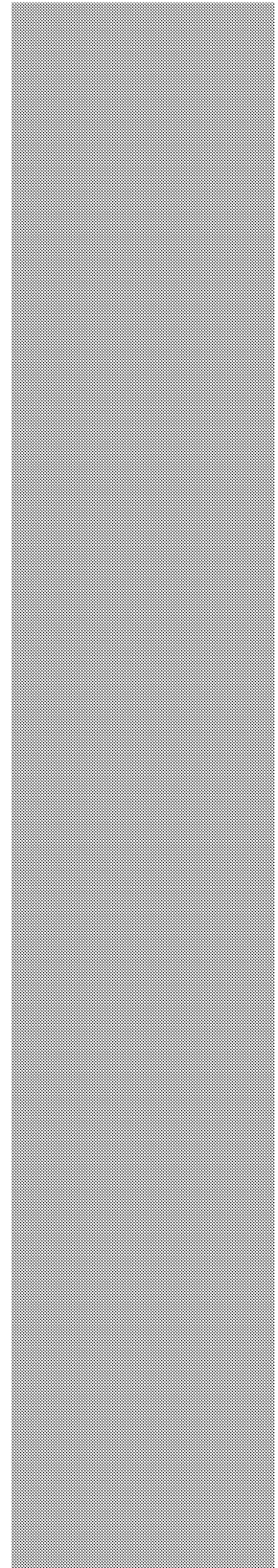
- \_\_\_\_\_ 7. You got a pay cut or were refused a raise. One day after that you had a chance to take home some company property. So you did, figuring they owed it to you. Later, you felt uneasy. You wondered if your theft would be found out.

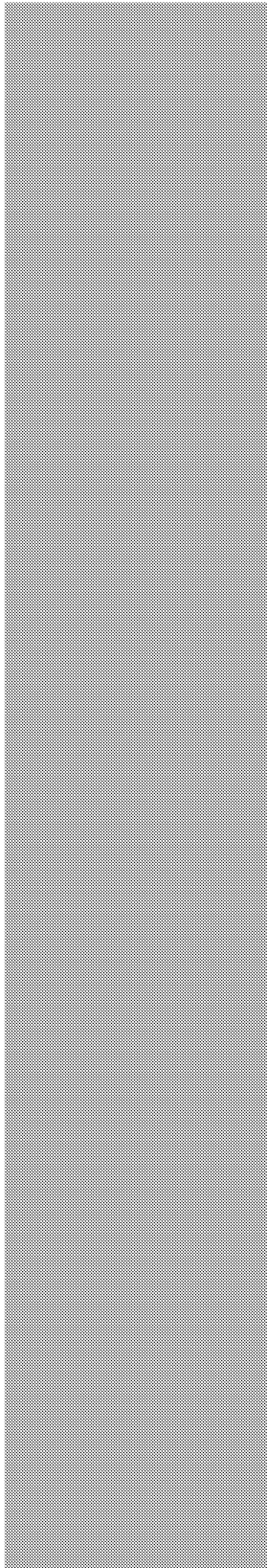
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\_\_\_\_ 8. You had a series of disappointments at home, school, and work. You began to feel like your life was worthless.

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\_\_\_\_ 9. You bought more clothes, furniture, makeup, or stereo equipment than you needed or could afford. Or you spent more on a car than you could afford. The main reason was that you couldn't say no to the salesperson.

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\_\_\_\_ 10. You didn't get a job, scholarship, or loan that you wanted. You felt that it may have been because of where your family came from. Or maybe it was the neighborhood you grew up in. You felt depressed and frustrated. It was a while before you tried for something again.

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We've all had some of the experiences above. They bring certain feelings and results. Those feelings and results may depend on how good or bad you already feel about yourself. Trust yourself. Have some "rules" for living. Learn to control your thinking. Then your life will work better. When something goes wrong, you can take the right action or attitude.

These ideas may seem a bit confusing right now. But maybe you would like to learn more about them. Then welcome to *More Power to You*. This workbook will help you see what's good about you. It will help you look at life in a positive, practical way. And it will help you learn to set goals and get things done. Just thinking "I'm great" will not do the trick. Building self-esteem takes some work.

## *It's a Wonderful Life—Isn't It?*

Read the following story. Then answer the questions below.

Roberto sometimes felt that his life did not really matter to the world. He was good at his job at the muffler shop. But it didn't seem important. And it wasn't high paying. He visited his two-year-old son almost every day. But he didn't have money for big gifts. Roberto didn't have his own place. He lived with his mother and helped her pay the bills. He also paid child support to his son's mother. To Roberto, his life seemed small and poor. He often felt like a nobody.

At least three people depend on Roberto. Who are they?

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_

What do these people rely on Roberto for?

Person 1: \_\_\_\_\_

\_\_\_\_\_

Person 2: \_\_\_\_\_

\_\_\_\_\_

Person 3: \_\_\_\_\_

\_\_\_\_\_

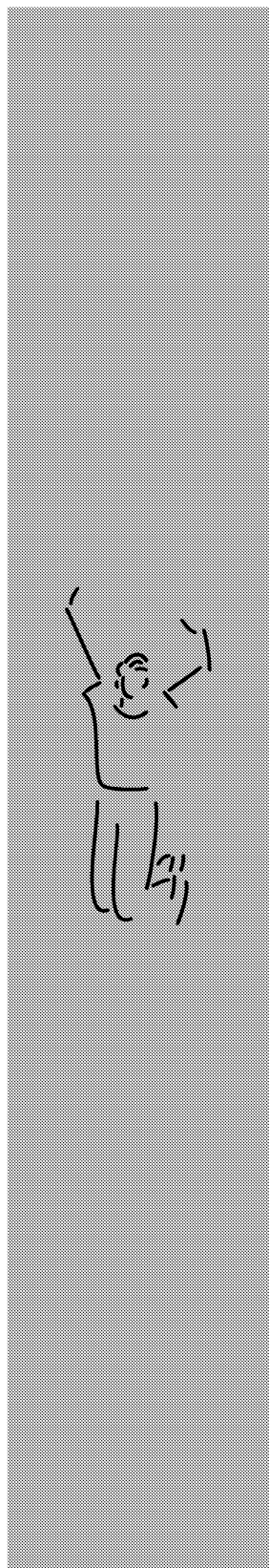
If Roberto weren't around anymore, what do you think these three people would have to do?

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_





Can you think of one more person who relies on Roberto? Who is it?

\_\_\_\_\_

Do you think Roberto should feel bad about himself? \_\_\_\_\_

Why or why not? \_\_\_\_\_

\_\_\_\_\_

Do you have any suggestions for Roberto? How could he improve his life?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How could he feel better about himself? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### *Your Wonderful Life*

Now think about your life. Name a few of the people who are most important to you:

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_

Name one thing each person depends on you for. It doesn't have to be something big. It could be as simple as cheering up someone when he's down. Other things people might rely on you for:

creative ideas

fix-it skills

household support

a way with plants or animals

baby-sitting time

common sense

cooking skills

fashion sense

You try. For each person you've named above, list one thing they rely on you for:

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_

Now name one way you've affected each person's life.

*Examples:*

kept him safe in a dangerous place

helped her make a hard choice

enjoyed a trip together

helped him or her learn to do something

Your turn:

Person 1: \_\_\_\_\_

\_\_\_\_\_

Person 2: \_\_\_\_\_

\_\_\_\_\_

Person 3: \_\_\_\_\_

\_\_\_\_\_

Now take a few moments. Think about each person above. What would his or her life be like if you weren't around? You have an effect, don't you? You are connected to each person. Your life matters in his or hers. Over time, it may matter more, or less. But we help shape each other's lives.

Say you affected someone in a bad way. Something good may have come of it. Or maybe it helped you change for the better. This doesn't make bad behavior OK. But you can see that your actions do affect others. And they do affect you. Your life does matter.

