



## Hope at Hand

### “Self Esteem/Declaration”

#### Directions

1. Start: Read “My Declaration of Self-Esteem”. Ask the students to underline the most meaningful lines in the poem for them.

2. Write: A Letter to Myself. Participants should remind themselves why they are worth loving and of the things they have accomplished that they're proud of. They can also use this space to own any mistakes they've made, honoring them as part of their journey and talking about what they've learned from them. Encourage them to try to land in a place that is hopeful and positive, recognizing that all of them, and all of their experiences, have value and worth.

3. Art: Create a *Zentangle*. Choose a positive word you use to describe yourself. Write the word in large letters in your box. Decorate around the word with designs and colors.

Please bring an example of the art activity to your session—ideally one you've made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

#### Materials

Pencils and markers/colored pencils.

## **My Declaration of Self Esteem**

by Virginia Satir

**I am me.**

In all the world, there is no one else exactly like me. Everything that comes out of me is authentically me. Because I alone chose it – I own everything about me. My body, my feelings, my mouth, my voice, all my actions, whether they be to others or to myself. I own my fantasies, my dreams, my hopes, my fears. I own all my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing I can love me and be friendly with me in all my parts. I know there are aspects about myself that puzzle me, and other aspects that I do not know, but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles, and for ways to find out more about me. However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time, is authentically me. If later some parts of how I looked, sounded, thought and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded. I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive to make sense and order out of the world of people and things outside of me.

**I own me, and therefore I can engineer me.**

**I am me and... I AM OKAY.**

## **My Declaration of Self Esteem**

by Virginia Satir

**I am me.**

In all the world, there is no one else exactly like me. Everything that comes out of me is authentically me. Because I alone chose it – I own everything about me. My body, my feelings, my mouth, my voice, all my actions, whether they be to others or to myself. I own my fantasies, my dreams, my hopes, my fears. I own all my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing I can love me and be friendly with me in all my parts. I know there are aspects about myself that puzzle me, and other aspects that I do not know, but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles, and for ways to find out more about me. However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time, is authentically me. If later some parts of how I looked, sounded, thought and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded. I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive to make sense and order out of the world of people and things outside of me.

**I own me, and therefore I can engineer me.**

**I am me and... I AM OKAY.**





