

Self-Worth & Confidence

God said to Jeremiah... “Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.”

But Jeremiah responded... “Oh, God! Truly I do not know how to speak, for I am only a youth.”

But God said to Jeremiah... “Do not say, ‘I am only a youth’; for you shall go to everyone I send you and shall speak loudly whatever I command you. Do not be afraid, for I am with you.”

(Jeremiah 1:4-8)

Supplies Needed

- Device to play video
- Each teen needs their own device to take an online quiz
- Flip chart paper
- Markers



Activities

Activity 1: Self-Worth

Definition: Self-worth is simply defined as the level of importance you place on yourself. It is an emotional outlook that determines how and what you feel about yourself in comparison to other people.

Self-worth is a fundamental part of our being, and it controls the way we see ourselves. Everything we think about, all the emotions we feel, and even the way we act is a product of what value we place on ourselves by ourselves.¹

Self-Worth is Not

Directions

Grab a large piece of flipchart paper and ask the group to brainstorm: what are things that do NOT define our self-worth? (but often, we let them)

Some examples if they need prompting:

- Grades
- Social media following/likes
- Age
- Possessions
- Appearance
- Your relationship status
- Number of friends
- Others opinions



Game: Naming Your Inner Critic






- Get some paper and write names on each piece. You know that voice inside your head that can say mean things to you? Get everyone to give a name to that voice in themselves.
- By only asking yes or no questions, see if the group can guess what each other's inner critic names are? Have one person's nickname be guessed at a time.
- Invite the teens to use this name in the future when that voice is loud inside them and to say things like, “Oh... Fran... lay off!”



Intro: Video

Watch [this moving video](#) about people connecting through their deepest insecurities.

Discussion Questions

-  What moved you?
-  What challenged you?
-  Why is it so easy to speak critically about ourselves?
-  What are some of the ways you speak to yourself that you would never say about someone else?
-  What would it look like to speak to yourself the way you speak to others?

1. Hill, Jacqueline T. What Is Self-Worth and How to Recognize Yours. 2021. <https://www.lifehack.org/854916/what-is-self-worth>

Self-Worth is

- Similarly, on another piece of flip chart paper ask the group to brainstorm: what DOES define your self-worth?

Some examples:

- Your strength
- Your passions/interests
- Your self talk

Calculate Your Self-Worth

This scale, also known as the Contingencies of Self-Worth Scale, was developed by researchers Crocker, Luhtanen, Cooper, and Brouette in 2003. Though it is 20 years old, the seven domains still apply (approval from others, physical appearance, competition with others, academic competence, family love and support, virtues/morality, and God's love) – they may just look different in the 21st century with social media and technology.

Instructions

1. Have everyone rate their reaction to each statement between 1-7 (strongly disagree to strongly agree)
2. Calculate the corresponding numbers to each domain (the domains corresponding numbers are on page 2)
3. Any number with this sign: *, needs to be reversed (so a score of 7 will be calculated as a 1)
4. Divide the sum of the answers to the five corresponding numbers by 5

Your totals reflect the importance you put on each domain in your own self-worth. For example, a high score in physical appearance means you put high value on your physical appearance.

Discussion Questions

- 🗣️ What surprised you about your score?
- 🗣️ What didn't surprise you about your score?
- 🗣️ What does this scale tell you about your own self-worth?
- 🗣️ What does it not tell you?

Increasing Self-Worth

- After all these activities, we will finish by thinking of tools we can use in our lives to help boost our own self-worth. Go back to the flip charts and add another – asking the group to brainstorm exercises and tools together that can boost self-worth.

Some examples:

- Self-acceptance (of failures, flaws, fears, qualities)
- Only follow people on social media who boost your self-worth
- Verbal words of affirmation
- Surround yourself with people who support and love you

Activity 2: Boosting Confidence & Changing Mindset

Directions

Watch the video listed below, but pause throughout to talk about the tips that are mentioned.

[TEDed: 3 tips to boost your confidence.](#)

Discussion Questions

First pause: 1:59

- 🗣️ What have been quick fixes that have worked for you in the past? What feels silly but you'd like to try?

Second pause: 2:56

- 🗣️ Do you typically have a fixed mindset, or growth mindset? What could help you have more of a growth mindset?

Third pause: 3:34

- 🗣️ How have you dealt with failure in the past? What helps you to get back up?

Reflection & Discussion

After the video ask the teens to think of a time that they put one of these practices into place and share that story of success with the group.



Closing: Do Not Say I'm Only...

Read aloud Jeremiah 1:4-8

God spoke: "Let us make human beings in our image, make them reflecting our nature."

On the piece of flip chart paper that has the "self-worth is not" brainstorm invite the teens to graffiti over it. Either with paint or darker markers, ask the teens to finish this sentence,

"Do not say I am only _____."

Prayer

When everyone is finished, read aloud all the sentences loudly together as a group as a closing prayer.

Finish with: "AMEN!"



More Precious is the National Youth Project of the Anglican Church of Canada and the Evangelical Lutheran Church in Canada.

www.claygathering.ca/nyp