Believe you can do it, and you are halfway there. Confidence comes NOT from always being right, but from not fearing to be wrong. Talk to yourself like you would to someone you love.

Self Esteem is what we THINK, FEEL, and BELIEVE about ourselves.

1. Believe you can do it, and you are halfway there.
2. Confidence comes NOT from always being right, but from not fearing to be wrong.
3. Talk to yourself like you would to someone you love.

**Self-Esteem Check-Up**

Directions: Rate from 0 to 10 how much you believe each statement. ‘0’ means you do not believe it at all, and ‘10’ means you completely believe it.

1. I believe in myself.
2. I would rather be me than someone else.
3. I can handle criticism.
4. I love trying new things.
5. I love myself even when others reject me.
6. I focus on my successes and not my failures.
7. I’m not afraid to make mistakes.

**TOTAL SCORE**

Overall, how would you rate yourself?
- 0 = I completely dislike who I am.
- 10 = I completely like who I am.

Ask yourself, what would need to change to move up one point on the rating scale? Record your answer and review it daily.

“Too many people OVERVALUE what they are not and UNDERVALUE what they are.”

Malcolm Forbes

Armando grew up in Brooklyn, New York and was raised mainly by his mother, along with his 8 brothers. Unfortunately, Armando’s father was incarcerated when he was born. He also grew up in a rough neighborhood that was filled with gang violence. Later in life, Armando found himself in trouble with the law. He never expected to find himself in the very position his father was in. Once released, Armando knew he would have to make a change, so he reached out to Ready4Work-Hillsborough, and he says that decision changed his life. He was extremely happy with the opportunities that Ready4Work-Hillsborough have presented for him, and the continued support that the program and the staff offer to him. He states that Ready4Work-Hillsborough changed his way of thinking, helped him change the path that he was on, and also opened the door for him to become a better person. As a result of his successful participation in the program, Armando has been working as a cook for Keke’s Breakfast Café. He hopes to become a manager there and he plans to further his education to ultimately work with diesel engine trucks. Armando’s lifetime goal is to live a happy life doing what he loves most.