



Name:

Date:

Instructions: Pick a character in a book, TV show, or movie who has low self-esteem. Describe the “before” self-esteem of your character. What characterizes him or her as someone with low self-esteem? What is this character doing to hurt his or her self-esteem? Next, generate a plan for your character’s makeover. Describe in detail at least three steps that your character could take to improve his or her self-esteem. Finally, describe the character’s “after” self-esteem. What specific changes occurred? How has the character’s life changed now that he or she has better self-esteem?

Before

Describe your character's self-esteem before the makeover.

1

Makeover Plan

Describe your plan for boosting your character's self-esteem.

2

After

Describe your character's self-esteem after the makeover.

3