

Self-Regard

“Self-regard is the ability to respect and accept yourself—essentially liking the way you are... It is knowing your strengths and weaknesses, liking yourself, ‘warts and all.’ EQ Edge, 105

Behaviors Demonstrating Effective Self-Regard:

- Being able to describe specific strengths and weaknesses of your current behavior and performance.
- Engaging in positive “self-talk” (inside your head!), such as “I can do this task well because _____ skill or knowledge.”
- Being willing to take on new challenges or tasks

Behaviors Demonstrating a Need to Develop Self-Regard:

- Denying you have weaknesses because that might make you look weak to others
- Engaging in self-criticism such as, “I am so stupid” or “I can’t do anything right” or “No wonder I didn’t make the team.”
- Not delegating a task to someone else who possesses a lot of strength in an area that may be weaker for you

From *The Student EQ Edge*, by Kanoy, Book and Stein, p. 30

Complete the following questions:

1. What are my strengths?
2. What are areas I need to improve?
3. When do I feel most confident?
4. When do I feel least confident?

*Ask a friend to complete these questions for you as well.

Once complete, answer these questions:

1. What surprises you the most?
2. What connections do you see between your strengths and areas of confidence?
3. What connections do you see between your weaknesses and your confidence?
4. How can you strengthen your areas of weakness?

(For further leadership development resources and opportunities, consult www.ascend-international.com)