



# Self-Esteem

Write or draw a picture to answer each question below.

1. What is self-esteem?



2. What are three ways that you can build your self-esteem and feel good about yourself? How does that make you feel?

3. What are three ways that you can feed the green monster? How do you feel when you feed the green monster?

4. Circle the items that increase your self-esteem when you have PKU:

- A. Good blood phe level at clinic
- B. Drinking all of your formula by the end of the day
- C. Keeping a food record
- D. Picking a high phe snack at your friend's house
- E. Making your own formula

5. What other ways can you build your self-esteem when you have PKU?



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