

Building
Blocks

Positive

Self-Regard
&
Self- Esteem

Develop healthy
beliefs

Maintain
confidence

Trust your mind &
judgment

Enjoy the exercise
of thinking for
your self

Participate in life
supporting and life
giving activities

Maintain the
ability to exercise
self-control

Identify your
passion and life
purpose

Maintain
comfortable
relationships with
others

Keep an ongoing
sense of security
despite hardship &
change