**What’s Happening Today?**

**Let’s Talk About How to Feel Good About Ourselves**

* **What is Self-Esteem**
* **What Self-Esteem is NOT!**
* **Is it Bragging or Self-Esteem?**
* **Why having healthy Self-Esteem is so important**
* **Things that can mess with our Self-Esteem**
* **How to boost your Self-Esteem**
* **So…what do YOU think?**
* **Get your magnet!**