

CHAPTER SUMMARY

Section 1.1

Be Your Best

Personality is the combination of characteristics that make you unique. Your self-concept and self-esteem affect every aspect of your life. Boost your self-esteem by focusing on your strengths and using those strengths to help others. You have the potential to become whatever you want. The process of personal growth helps you reach your potential.

Section 1.2

Changes and Challenges

Change can involve difficult or simple things. It is important to be able to adjust to changes you cannot control and focus on changes that can improve your life. Overcome barriers and try viewing changes as opportunities. Competence, confidence, and a positive attitude give you the power to make successful changes and achieve your goals.