



# Z-HOPE for All Self-Esteem Really Matters!



**April 15 to June 15 {May be done as a one-time event}**

**Objectives:** Participants will have an increased awareness of the empowering effect of an enhanced sense of self. **Self-awareness; Cultural Awareness; Self-confidence;**

## Overview

Self-esteem has been classically defined as “the person’s evaluation about self that expresses an attitude of approval or disapproval and indicates the extent to which the individual believes him or herself to be capable, significant, successful and worthy (Coopersmith, 1981); the belief in oneself, self respect, undue pride in oneself, and conceit (Webster, 1996)”. Self esteem begins developing as early as four years of age. The level of self-esteem tends to shift t as we age and mature.

Contrary to many early views, self-esteem is not higher in non-Blacks. In many research studies, Blacks held higher level of self-esteem. Gender differences are often documented. Females tend to have lower self-esteem than males; especially during adolescence. Self-esteem really does matter.....one’s level of self-esteem influences the choices in life. Life choices determine the behaviors and actions we engage in. Life choices determines the quality and direction of our life for the rest of our lives.

**Yes, Self-esteem really does matter!**

## Z-HOPE™/New Destiny For Children Initiative

**Chapters/auxiliaries will earn 25 BONUS Z-Points by sending 20 new African American dolls (female or male) for the children in the orphanage in Jinja,Uganda . Send the dolls to the Vickie Yohe Ministries @ 216 Centerview Dr. Suite 160, Brentwood, TN 37027. Remove dolls from package & send each of them in a zip-lock bag that will allow easier shipping. May want to send a chapter photo. Z-points can be used for Youth-Spirit or International –Spirit.**

Learn more at the website [www.vickiyoheministries.org](http://www.vickiyoheministries.org) or [myspace.com/NewDestinyforChildren](http://myspace.com/NewDestinyforChildren)



# **Z-HOPE for All Special Bonus Initiative for All**



**New International Option** with Bonus Points

**A Health Clinic @**

**Afua Kobi Ampem Girls Secondary School in  
Trabomum, Ghana, West Africa**

**Sponsor a part of the building**

**For \$ 3,000.00**

Option A: 5 chapters @ \$ 600.00

Option B: 4 chapters @\$ 750.00

Option C: 3 chapters @ \$ 1,000.00

Option D: 2 chapters @ \$ 1,500.00

**Send Intent Form to Soror Mary Singletary**

**158 Valley Rd. Montclair, NJ 07042**



# Z-HOPE™ Z-HOPE for ALL



## Walk or Run for a Z-HOPE™ Cause

**Objective:** At the completion of this activity, participants will have an increased awareness of the benefit of increased physical activity on their health status.

### For March of Dimes/WalkAmerica 2007 Only

**In order to get chapter {Graduate or Undergraduate or Amicae} credit:**

1. Minimum of 4 Zetas or Amicae are required to participate in the event.
2. Minimum of amount must be raised according to chapter size:  

Chapter Size	Required financial contribution amount for Z-Points
Up to 4 Members-----	\$ 200.00 BONUS + 25 for every \$500 over
5-25 Members-----	\$ 500.00 BONUS + 25 for every \$500 over
26-50 Members-----	\$ 700.00 BONUS + 25 for every \$500 over
Over 50 Members-----	\$ 1,500.00 BONUS + 25 for every \$500 over
3. Activities must be verified by State Z-HOPE Coordinator.
4. To receive Z-Points, upon completion of the project, request a letter or report on letterhead from the Director of the organization detailing the amount raised. Attach a copy of the organization letter to the Z-HOPE Chapter Summary form, completing basic information on the form.