

Self-esteem Place these words into the table

Sad		BRIGHT	outgoing	NEGATIVE
	achiever			
		affectionate		depressed
UGLY				
	angry		<i>lonely</i>	energetic
		confident		
anxious	smiley		happy	worthless

High Self-esteem	Low Self-esteem



Word/feeling	I felt like this when...

Choose TWO words from either side and describe a time you felt like this

SELF-ESTEEM WORKSHEET

TOP 3!

TOP 3 Ways You Are Unique

TOP 3 Things You Like About Yourself

TOP 3 Ways You Help Others

TOP 3 Goals You Have For Yourself

TOP 3 Things You Are Good At

Complete It!

"My strengths are..."

"I am proud of..."

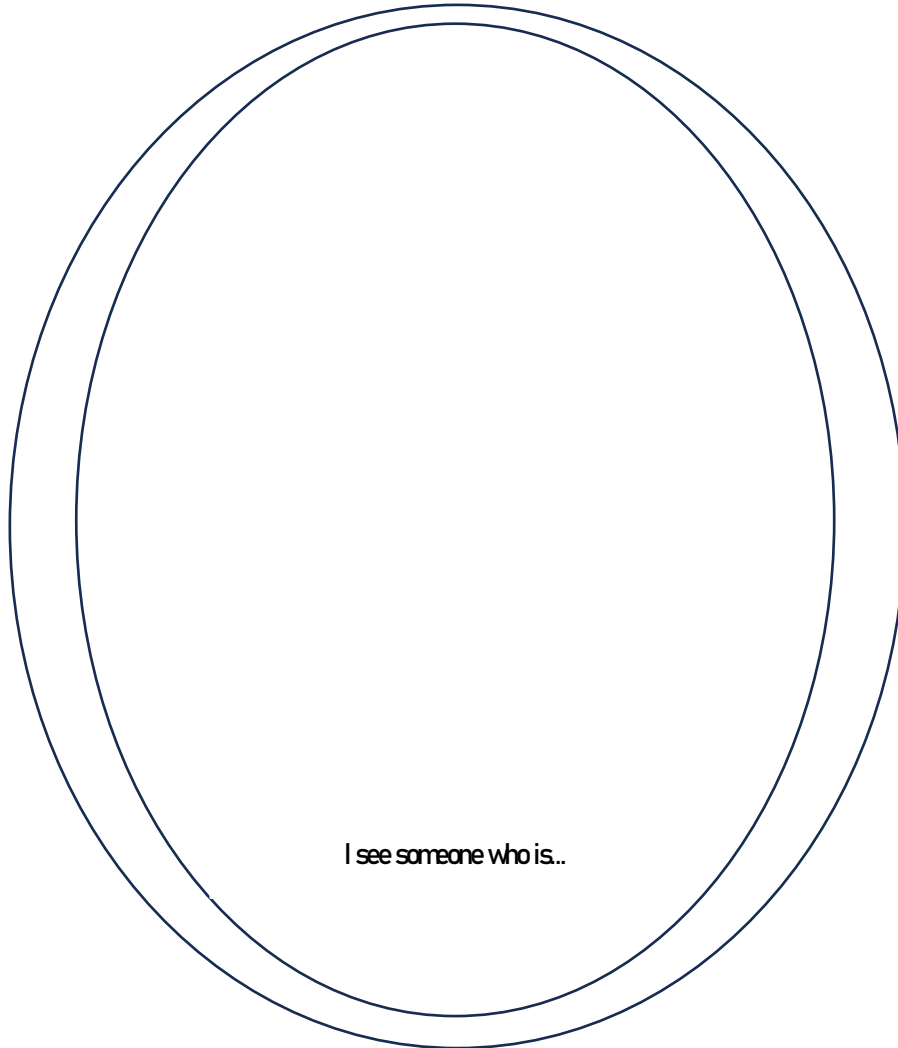
"A time I was brave was when..."

"I enjoy learning about..."

"One example of when I have helped someone out was when..."

Mirror Me

What do you see when you look in the mirror



I see someone who is..

MY CHARACTER MOMENTS

Use this worksheet to share examples about your positive qualities

The *kindest* thing I've ever done was

The *bravest* thing I've ever done was

The best thing I ever *created* was

A time I was most *confident* was

The *hardest* I've ever *worked* was

I felt the *proudest* when

I was *honest* when

I was *responsible* when

A time I was a good *leader* was

The thing I am most *grateful* for is

I'm *respectful* when

Roll & Respond



I am good at making friends because I...



While at home I am good at...



Tell me one of your best ideas ever!



I am a good daughter/son because I...



While at school I am good at...



When I am having a bad day, I like to...



An accomplishment is something that you are proud of because you achieved it through lots of hard work. List 4 things you have accomplished below and the struggles you had to overcome to get there.

Accomplishment

Obstacles you had to overcome:

Accomplishment

Obstacles you had to overcome:

Accomplishment

Obstacles you had to overcome:

Accomplishment

Obstacles you had to overcome:

Go and Love Yourself

5 things I love about myself

- 1.
- 2.
- 3.
- 4.
- 5.

My week in feelings

10 things I'm grateful for

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

3 things I accomplished this week

3 things I want to accomplish
this week

- 1.
- 2.
- 3.

*You are
awesome*

A compliment to myself

BOOSTING SELF-ESTEEM

What actions and activities make you feel purposeful?

What is that one thing you have done that makes you proud of yourself?

What are some bad experiences that gave you positive lessons?

What are your values and core beliefs?

What can you do to improve a situation that makes you feel nervous?