

Name:

Improving one's self

Your self-efficacy can be increased by quitting and starting a new habit, gaining new abilities or making positive life changes. Respond to the following questions to reevaluate your self-improvement.

1. What are some things you want to change in your life?
2. How do you believe your life may change if you made progress in one or more of these areas?
3. Over the upcoming weeks, set a goal and make at least one constructive change in your life.

MY GOAL IS TO:

**STEPS I NEED TO TAKE TO ACHIEVE
THIS GOAL:**

Self-love sentences

I choose to be proud of having this because I deserve it:

This week I have gotten (even just a little) better at:

I cannot change this about myself, and I choose to except it:

Each day I get stronger and better at:

POSITIVE AFFIRMATIONS

When we feel sad, anxious or scared we start to have negative thoughts about ourselves. Positive affirmations are statements that help to remind us of our strengths!

Circle your strengths!

**BRAVE LOYAL FUNNY TALENTED INTELLIGENT MOTIVATED RELIABLE RESPECTFUL
EASY GOING CONFIDENT RESPONSIBLE OPTOMISTIC KIND STRONG GIFTED COOL
FRIENDLY NICE PATIENT SMART RESILIENT MOTIVATED UNDERSTANDING WISE
ADVENTUROUS LEADER UNIQUE AMAZING HOPEFUL POWERFUL**

Think of a time where you felt sad, discouraged, nervous, scared or ashamed. What were the negative thoughts that you had? Using the strengths that you have circled, come up with 3 positive affirmations that you can use next time you experience those feelings.

1.

2.

3.



My classmates say I am great at...

I feel very happy when I...

Something that I am really proud of is...



Self-Identity Worksheet

What is my biggest strength?

What is my biggest achievement?

What is my biggest goal currently?

What is my biggest weakness? How am I trying to grow in this area?

What am I interested in trying?

Who/what inspires me? Why?

What makes me the happiest? Why?

What hurts me the most? Why?

What do I believe in?

What is my favourite relationship? Why?

Name:

I am wonderful because...

Self-efficacy reflects confidence in the ability to control one's motivation, behaviour and social environment. Provide an answer to the following prompt statements to determine if you have enough understanding of your own individuality.

I like who I am because...

I feel good about my...

My friends think I have an awesome...

I mean a lot to...

Something I really enjoy is...

I really admire myself for...

My future goals are...

I know I can achieve them because...

I'm naturally gifted at...