

BUILDING MY SELF-ESTEEM REFLECTIONS & INSIGHTS

THREE THINGS I AM PROUD OF

1. (My accomplishments)

2. (A challenge I overcame)

3. (A skill I developed)

2

WHAT ARE MY UNIQUE STRENGTHS?
(e.g., character, talents, kindness)

3

POSITIVE SELF-TALK
INSTEAD OF 'I CAN'T DO THIS', I CAN SAY...

- 'I will try my best'
- 'This is a learning opportunity'
- 'I've handled hard things before'
- 'I will be a consmancy'
- 'This is a learning uncious'
- 'I've handled to avoid there'

HOW DO MY STRENGTHS HELP ME?
(In my daily life, relationships, or goals)

MY OWN HELPFUL THOUGHTS:

4

SUPPORT SYSTEM

WHO HAS MY BACK?
Write names, qualities, or memories.

4

MY GOALS & STEPS

WHAT IS ONE SMALL GOAL I WANT TO ACHIEVE?
(A personal or professional step)

① Plan ② Action ③ Celebrate

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