

Name: _____

Period: _____

SELF-ESTEEM BUILDER

Define self-esteem in your own words:

List 10 adjectives, positive or negative that YOU think describe you. Ex. creative, stubborn, opinionated, funny.

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

List 4 of your strengths:

1. _____
2. _____
3. _____
4. _____

List 4 of your weaknesses:

1. _____
2. _____
3. _____
4. _____

Rewrite your weaknesses into positive statements. Ex. Instead of "I am stubborn," write "I am very determined."

1. _____
2. _____
3. _____
4. _____