

Name:



I am kind

because...

Name: (



I am smart.

because...

Name:



I am strong

because...

compliment Circle

Give your friend a genuine compliment.



Self-esteem

Daily Journal

I felt:



Date:

Things I am proud of

My accomplishments

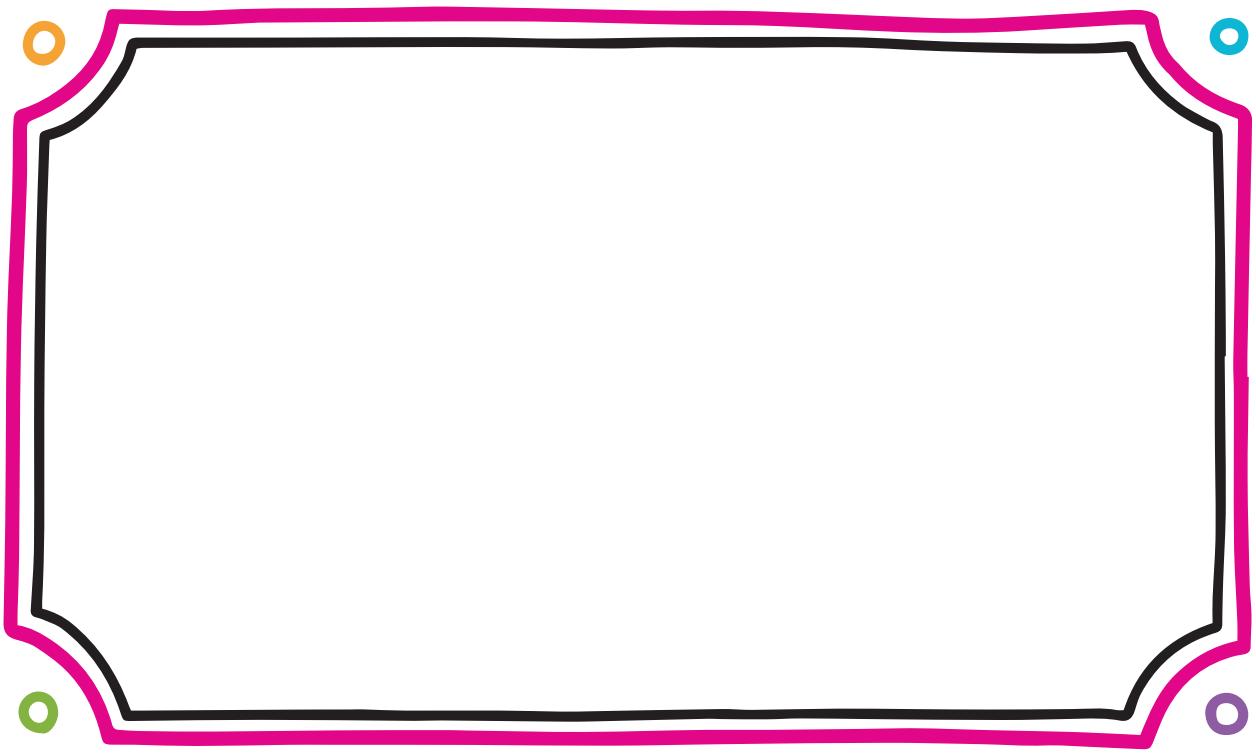
Things I like about myself

My challenges and how I overcome them

What I learned from my challenges

Mirror Self

Draw a portrait of yourself in the frame.



My top three favorite traits

Can you tell me three things you really like about yourself?



A central illustration of a young girl with dark hair, wearing a purple striped shirt, flexing her biceps. She is surrounded by several colorful, outlined speech bubbles in various shapes and sizes, all of which are empty. The background is white.

I am **amazing**
because

Positive Traits

Check the traits you would like to have more in your life.

<input type="checkbox"/> Imagination	<input type="checkbox"/> Bravery	<input type="checkbox"/> Cooperation	<input type="checkbox"/> Kindness
<input type="checkbox"/> Fairness	<input type="checkbox"/> Patience	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Creativity
<input type="checkbox"/> Inventiveness	<input type="checkbox"/> Humor	<input type="checkbox"/> Resourcefulness	<input type="checkbox"/> Curiosity
<input type="checkbox"/> Playfulness	<input type="checkbox"/> Optimism	<input type="checkbox"/> Consideration	<input type="checkbox"/> Honesty
<input type="checkbox"/> Dependability	<input type="checkbox"/> Respectfulness	<input type="checkbox"/> Perseverance	<input type="checkbox"/> Generosity
<input type="checkbox"/> Warmth	<input type="checkbox"/> Responsibility	<input type="checkbox"/> Supportiveness	<input type="checkbox"/> Resilience
<input type="checkbox"/> Leadership	<input type="checkbox"/> Adaptability	<input type="checkbox"/> Adventurousness	<input type="checkbox"/> Empathy
<input type="checkbox"/> Self-Control	<input type="checkbox"/> Thoughtfulness	<input type="checkbox"/> Politeness	<input type="checkbox"/> Enthusiasm
<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Energetic	<input type="checkbox"/> Inquisitiveness	<input type="checkbox"/> Determination
<input type="checkbox"/> Mindfulness	<input type="checkbox"/> Diligence	<input type="checkbox"/> Honorable	<input type="checkbox"/> Compassion

Select the top three traits you wish to enhance and write the steps you will take to improve them.

a.

a.

a.

b.

b.

b.

c.

c.

c.

