

Name: \_\_\_\_\_ Class: \_\_\_\_\_

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# Self Esteem Sample Worksheet



## All That Is Me

1. I'm good because \_\_\_\_\_

\_\_\_\_\_

2. Something that makes me unique is \_\_\_\_\_

\_\_\_\_\_

3. Some skills or talents I have are \_\_\_\_\_

\_\_\_\_\_

4. Over the years I've grown by \_\_\_\_\_

\_\_\_\_\_

5. Something I learned recently is \_\_\_\_\_

\_\_\_\_\_

6. When I fail or do something wrong, I feel \_\_\_\_\_

\_\_\_\_\_

7. But it's okay to make mistakes because I can \_\_\_\_\_

\_\_\_\_\_