

# POWERFUL PROJECT

AGES 7 & UP

OCTOBER  
2012

## SELF ESTEEM

FIRST & LAST NAME: \_\_\_\_\_

When we have good, strong self esteem, we know what we like about ourselves. We also know what we can do well. We know we must work hard to get better and when we make a mistake, we don't let it change how we feel about who we are. Think about all the things that make you feel good about who you are and what you can do. Everyone is unique and everyone has strengths-- what are yours?

One thing that my brain really can do well is (i.e. math, writing, puzzles, etc)

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One thing I say to myself when I'm trying to reach a goal is:

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Three friends who help me feel good about myself are:

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Three grown ups who I know I can turn to when I need help are:

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Two things that I think my body can do well are:

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