

# 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)

\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Three friends  
who help me  
feel good about  
myself are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

