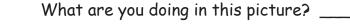


FIRST & LAST NAME:\_

Self esteem means; "I like myself!" When we have good, strong self esteem, we like who we are and what we can do. We try hard and know with hard work, we can reach our goals. Draw a picture of yourself doing something that makes you feel great. It can be something that makes you feel great at home, at school, in our class or out in the community!





POWERFUL WORDS CHARACTERIDEVELOPMENT

For more Powerful parenting information, go to www.DrRobynSilverman.com.