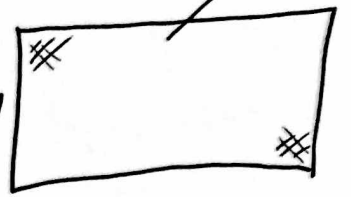


Building Self Esteem

Take a look in your mirror

Write down 3 positives you see. These can be internal or external.

START!
Describe yourself in one word.



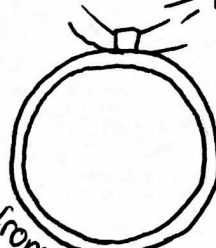
This jar is filled with your stars.

Fill your stars in with your best qualities and attributes.

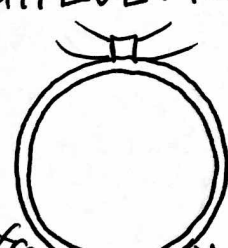


Here are 3 medals. Fill them with your best

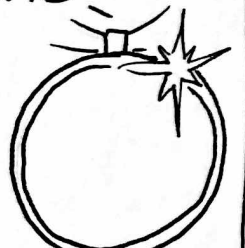
ACHIEVEMENTS



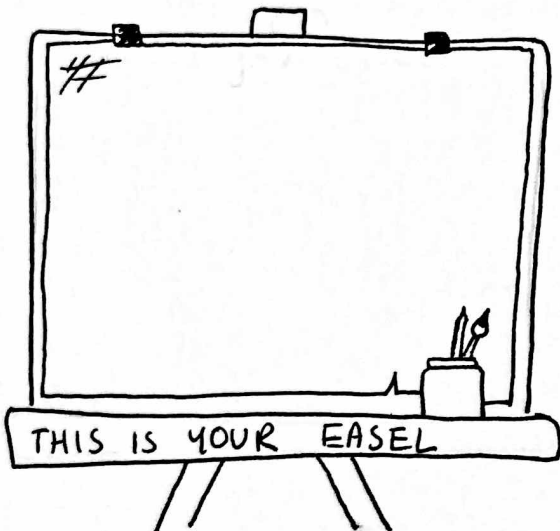
from today



from this week




overall!



THIS IS YOUR EASEL

write/draw when you feel in your element or at your **BEST**

What do OTHERS ADMIRE in you? 

family? _____

friends? _____

teachers? _____



this is your ladder

Keep on climbing, but don't forget to look back and appreciate how far you have come.

FINISH!

Now describe yourself in one word.

