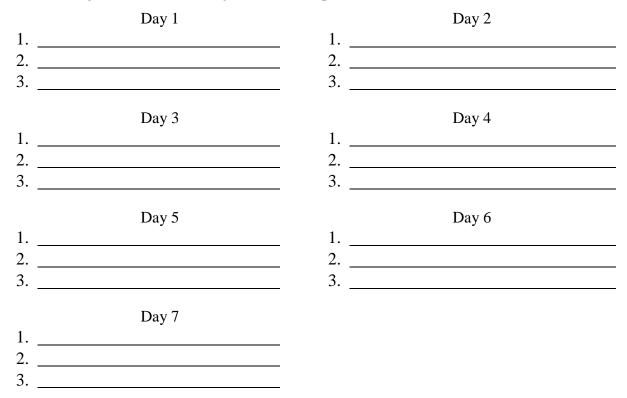
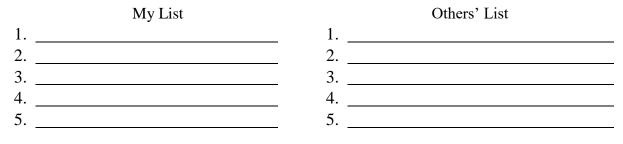
ACKNOWLEDGING MY STRENGTHS

When we view ourselves as loveable, valuable, and capable, then we are recognizing key things about ourselves that add to our self-esteem. Completing the exercise that follows will help you recognize your personal traits, skills, and accomplishments.

1. Over the next week, identify three positive things you accomplish each day (Example: Cooked a good meal, found a job, cheered up a friend, etc.).



2. List five personal traits that you value about yourself (Example: Friendly, trustworthy, accepting). Then ask friends, family, and others, for five more.



- 3. Now list five skills that you believe you have (Example: Play piano, can fix things, good housekeeper, etc.).
 - 1._____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
- 4. Reviewing the three areas of accomplishments, traits, and skills, what do you believe are your most valuable assets?

- 5. Write each of your 15 positive skills and traits on a 3×5 card and post them around your home so that you are reminded of them regularly.
- 6. Take three cards with positive skills or traits written on them and stand in front of a mirror. Look yourself in the eye while repeating the statements, "I am ______" (filling in one of your positive qualities). Repeat this mirror exercise for two minutes each day for a week. Rate how comfortable you were with saying good things about yourself.

l						
1	2	3	4	5	6	7
Very						Very
Uncomfortable					Comfo	rtable

7. Rate how your self-esteem has grown after completing this exercise for one week.

	I					
1	2	3	4	5	6	7
No					Ma	ximum
Growth					C	browth