

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.

- 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.).

Day 1

- _____
- _____
- _____

Day 2

- _____
- _____
- _____

Day 3

- _____
- _____
- _____

Day 4

- _____
- _____
- _____

Day 5

- _____
- _____
- _____

Day 6

- _____
- _____
- _____

Day 7

- _____
- _____
- _____

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

My List

- _____
- _____
- _____
- _____
- _____

Others' List

- _____
- _____
- _____
- _____
- _____

