

SELF- ESTEEM WORKSHEET

NAME _____ SLS1301C – Life Career Planning

DEFINE SELF -ESTEEM:

List 10 adjectives, positive or negative that YOU think describe you. Ex. I am creative. I am stubborn.

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

List 4 of your strengths:

1. _____
2. _____
3. _____
4. _____

List 4 of your weaknesses/challenges:

1. _____
2. _____
3. _____
4. _____

List 5 “put downs” (sarcastic statements) you tell yourself or hear others say about you.

1. _____
2. _____