

# Understanding Your Self-Esteem

Your self-esteem is a reflection of how you feel about yourself. It is a feeling of worth and value that you have for yourself. It is a feeling of pride and accomplishment that you have for yourself. It is a feeling of respect and admiration that you have for yourself. It is a feeling of love and care that you have for yourself. It is a feeling of strength and confidence that you have for yourself. It is a feeling of power and control that you have for yourself. It is a feeling of freedom and independence that you have for yourself. It is a feeling of joy and happiness that you have for yourself. It is a feeling of peace and tranquility that you have for yourself. It is a feeling of love and compassion that you have for yourself. It is a feeling of respect and admiration that you have for yourself. It is a feeling of love and care that you have for yourself. It is a feeling of strength and confidence that you have for yourself. It is a feeling of power and control that you have for yourself. It is a feeling of freedom and independence that you have for yourself. It is a feeling of joy and happiness that you have for yourself. It is a feeling of peace and tranquility that you have for yourself. It is a feeling of love and compassion that you have for yourself.

## Directions:

### Positive Self-Esteem

Write down at least 10 positive thoughts or feelings that you have for yourself. Write down at least 10 positive actions that you have taken for yourself.

Positive Self-Esteem

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