

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. _____