SELF- ESTEEM WORKSHEET

NAME_____BA1301C – 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._____