

SELF-ESTEEM WORKSHEET

NAME _____ (SAL-2014) - 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 2 "put-downs" (sarcastic statements) you tell yourself or hear others say about you.

1. _____

2. _____