

**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. \_\_\_\_\_