

SELF-ESTEEM & SELF-CONFIDENCE

For each of the statements below write whether it is an aspect of self-esteem or self-confidence

1. I believe I will win this race.

2. I love myself.

3. I am strong and brave

4. I am not afraid to take risks.

5. I am special and important to others.

6. I will always overcome challenges.

7. I am worthy of all good things.

8. I understand my strengths and weaknesses make me who I am

9. I always underestimate my abilities.

10. I am going to pass this exam with full marks
