

IMPROVE YOUR SELF-ESTEEM

This checklist will help you to improve your self image and self-esteem

- I took a bath or shower today
- I put on deodorant today
- I brushed my hair today.
- I brush my teeth today.
- I washed my hand today.
- My fingernails look neat and clean.
- I am dressed in clothes appropriate for my job.
- My clothes are clean.
- My clothes are not wrinkled.
- My clothes don't have any holes or stains.
- My friends say nice things about me.
- I have a positive attitude.

5 things I love about myself: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	I wish I was MORE: _____ _____ _____ _____	I wish I was LESS: _____ _____ _____ _____
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What are some positive relationships in your life?

List some short-term goals.

What are some things you do well?
