

**SELF- ESTEEM WORKSHEET**

NAME \_\_\_\_\_ SLS1301C – 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. \_\_\_\_\_