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	Name: Date:	_	
1	SELF ESTEEM	/	<u> </u>
1	What are 3 things I like about myself? What are 3 things my friends/family would say if they were asked what they like most about me?	/	
1		/	
1	-	/	<u> </u>
1	What is something I am good at?	/	<u> </u>
1		/	<u> </u>
	What is a recent accomplishment I have had?		
1		/	
\downarrow	What goals do I want to achieve?		-
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