

Name : \_\_\_\_\_ Date : \_\_\_\_\_

# Self-Esteem Worksheet for Teens

**Instructions:** Take a few minutes to think about yourself positively.  
Try to answer each question honestly. There are no right or wrong answers.

**1. What are three things I like about myself?**

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**2. What are three things my friends/family would say if they were asked what they like most about me?**

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**3. What is something I am good at?**

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**4. What is a recent accomplishment I have had?**

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