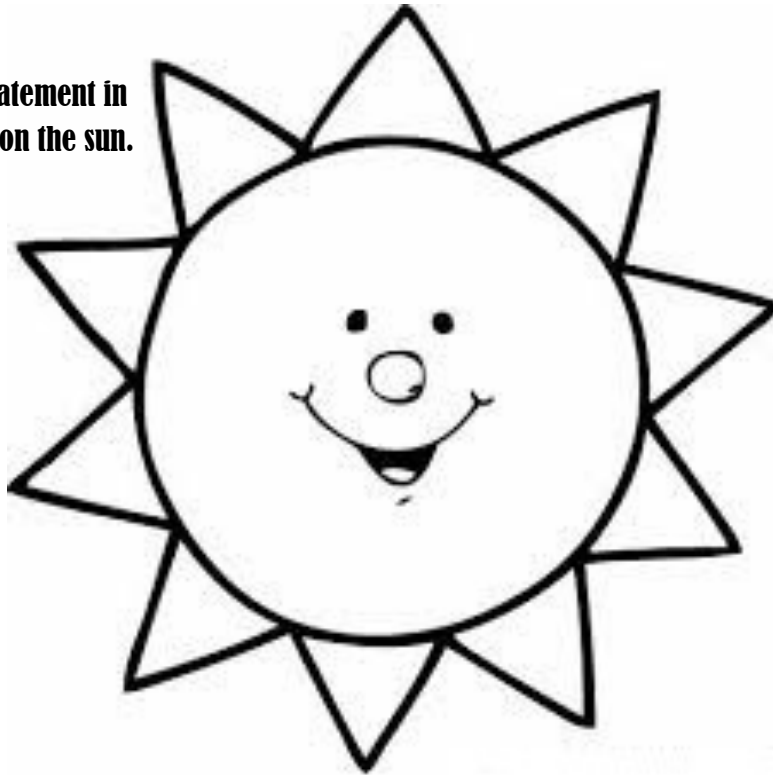


Let's Talk Self Esteem!

Please write a positive self statement in each of the triangles located on the sun.



Name 3 accomplishments you have made.

- 1) _____
- 2) _____
- 3) _____

What is something you have overcome?

What do you do for self care?

Discuss 1 positive goal for the future.

