
Seeing the Positive in YOU!

Seeing the positive in yourself is very important!
It is the foundation to having strong self-esteem.



Use the boxes below to identify your positive qualities and what you are good at.
If you are having trouble, try thinking, "What would a friend say about me?"

My Positive Qualities

What I Am Good At

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Let's be honest.. You rock. There's a lot about you to compliment. Building your confidence means recognizing what you are great at. List at least 5 compliments about yourself. If you are struggling with this, try to ask yourself, "What would a friend say about me?"

Compliment Yourself

- 1.
- 2.
- 3.
- 4.
- 5.