

About me: Self Esteem Sentence Completion

Instructions:

The worksheet is a reminder to get involved in at least 3 positive activities a day. Keep doing these activities for almost 2 weeks.

- I am good at _____
- I am good at playing _____
- I am a great _____
- My biggest accomplishment is _____
- I am unique because of my _____
- I like to help _____
- My biggest achievement is _____
- I feel proud when _____
- My favourite person is _____
- I get my strength from _____