

BUILDING SELF-ESTEEM

CHARACTERISTIC	THINKING	DOING	
UNIQUE	<i>I am special</i>	Make a list of ways I am unique	
RISK-TAKING	<i>I can do new and different things</i>	Eat a new vegetable	
SELF-NURTURING	<i>I am worthwhile</i>	Meditate for 10-minutes	
PLAYFUL	<i>I can have fun</i>	Play horseshoes	
ENERGETIC	<i>I am healthy</i>	I will shoot baskets	
CONFIDENT	<i>I am capable</i>	I will take on a new responsibility	
INDUSTRIOUS	<i>I can accomplish things</i>	I will complete a page of journal entry	
SELF-ACCEPTING	<i>I am beautiful</i>	Say 5-positive affirmations	
LOVABLE	<i>I am lovable</i>	I will give someone a hug	
RESILIENT	<i>I have what it takes to face life's challenges</i>	I will try again	