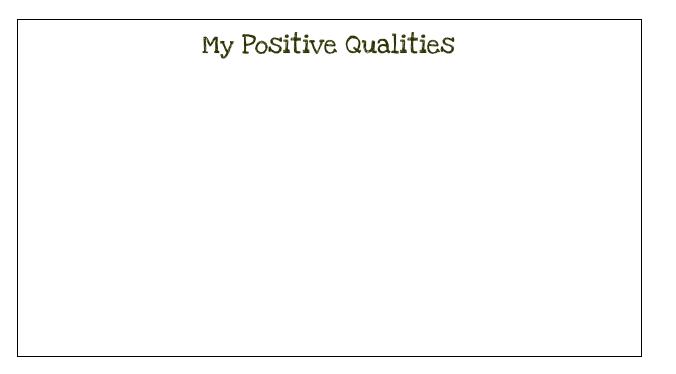
## Seeing the Positive in YOU!

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?"



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.