

COMPLETE THESE SENTENCES 5

I was able to decide to

When people try to boss me around, I

I don't like people to help me with

When somebody is nice to me, I

One way I am like everybody else is.....

One way I am different to everyone else is

People are

My friends are

The thing that makes me a good friend is

The things I look for in a friend are

My parents

My brother(s)/ sister(s).....

Something I do well is

I can

I am proud that

Fill in your answers for each statement. There are no right or wrong answers, so just write in the first things that comes to you. When you have filled in all the spaces you will know some things you value and some things that you can feel proud about and things that can even help to understanding yourself more. These things will support you to feel confident and will help you to be true to yourself without comparing yourself or needing to please others to feel accepted...and together these things will help you to be the best friend anyone can have because the ways we feel about and treat ourselves often show up as how we treat others....so you will be a real good friend. I am one of many Seeds for Children's Self Esteem ...print more at; www.goodwillpeople.net