

# COMPLETE THESE SENTENCES 7

The world would be a better place if people would .....

I feel important when .....

I seem to get my way when .....

The best thing about my body is .....

I see myself as .....

Something I do well is .....

I worry about my .....

Teasing people is .....

When people tease me I .....

When someone tells me they like me I .....

People like me because .....

People think I am .....

I think I am .....

I like myself because .....

I feel best when people .....

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](http://www.goodwillpeople.net)