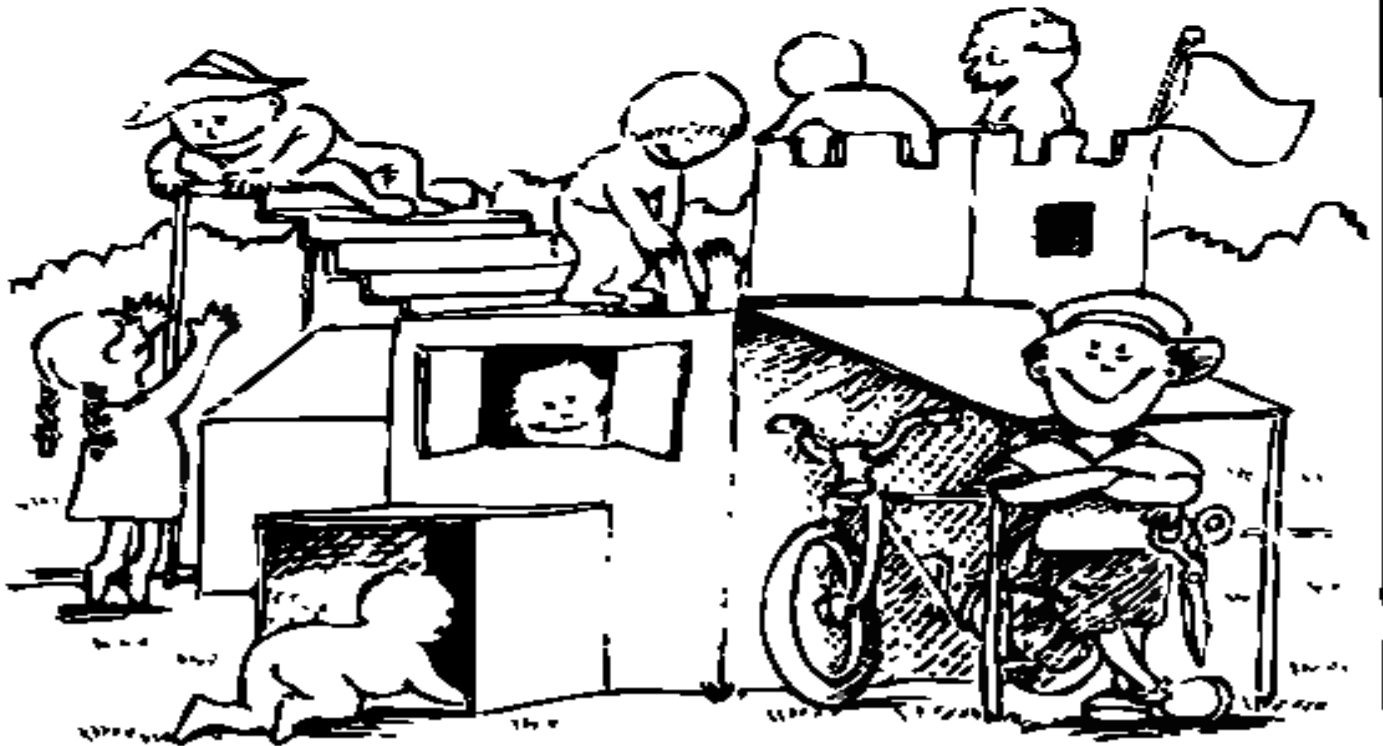


THINGS ABOUT ME I AM PROUD OF

EXAMPLES : My nice white teeth ; I built a playhouse ;
I finished in the City to Surf run ; My school results ;
Representing our class in sports ; My high score on NINTENDO



There will be lots of things about yourself that you can feel proud about. Think of the things you have achieved where you had to put in a lot of effort, even the small things, because you can be proud of those times when you accomplish something after using determination, or called on your inner strengths to do something that was a challenge. You can be proud of those times where you had to stretch past previous limits, or times when you decided to do what you had to do even when you did not want to. Write in as many things as you can think of where you have good reason to be proud of yourself and pin it upthis will be a source of strength for new challenges or times when you are faced with difficult things to do and you really want to do them. I am one of many Seeds for Kids & Teens Self Esteem ...print more at; www.goodwillpeople.net