

# NICE THINGS ABOUT ME

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**EXAMPLES :** I am thoughtful ; I am joyful ; I am kind ;  
I am friendly ; I can keep a secret.



There will be lots of good and nice things about you ....this is the time to think about them. There are some examples above to get you started. This is not the time to be shy about acknowledging the positive qualities that you have. The good thing about thinking about all the good and nice things about yourself is that when doing this you actually make them shine and blossom even more so. Thinking about all the positives about yourself is how you can build up your belief in yourself as a good and worthwhile person. Add to this list every birthday, then as you go along in life, no matter what anyone else says about you, or does to you, you will have an inner strength of knowingness that you are a good and worthwhile person ...this is how you can be your own best friend. I am one of many Seeds for Kids & Teens Self Esteem ...print more at: [www.goodwillpeople.net](http://www.goodwillpeople.net)