

THINGS OTHERS LIKE ABOUT ME

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

EXAMPLES : I don't cheat ; I'm good company ; I am always willing to help ; I make people laugh ; I tell the truth.



Your friends and family see your good and positive qualities, it is good to accept what they see. There are some examples above to get you started. This is not a time to be shy about your good character traits. If you are not sure, then ask your friends and family for their answers. The good thing about accepting all the positive qualities about yourself is that when doing this you actually make them shine and blossom even more so. Thinking about all the good 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. I am one of many Seeds for Kids & Teens Self Esteem ...print more at; www.goodwillpeople.net