

SOME THINGS I COULD DO THAT WILL MAKE ME FEEL GOOD ABOUT MYSELF

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

EXAMPLES : Clean my room ; Weed Grandpa's garden ; Wash the car ; Do the dishes.



Feeling good about yourself is a most important life skill. This page is for being aware of some different ways for you to quickly switch to feeling good about yourself. Think back over the past and recall those times where something you did left you feeling good about yourself. Think of the times when you were helping others in some way. Think of when you were a special friend to someone in need. Think of times when someone was happy with you for some reason and what it was that you did or said then and how you were feeling after that. These are the things to write in above. Be sure to pin up your list and add more to it every birthday as a growing self support reference of things you can do for feeling good about yourself as your own best friend.

I am one of many Seeds for Kids & Teens Self Esteem ...print more at; www.goodwillpeople.net