**BOOST YOUR SELF-ESTEEM**

|  |
| --- |
| Positive self-reflection through writing has been found to improve self-esteem and general well-being. Self-esteem reflects a person’s overall emotional evaluation of himself or herself.  Complete the following statements below and later, read through your answers in order to learn more about yourself on a deeper level. |

|  |
| --- |
| 1. My best quality is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. I’m looking forward to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. My greatest achievement today was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. I feel strongest when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. I had fun when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Source: www.theranest.com