**BOOST YOUR SELF-ESTEEM**

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| 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. |

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| 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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Source: www.theranest.com