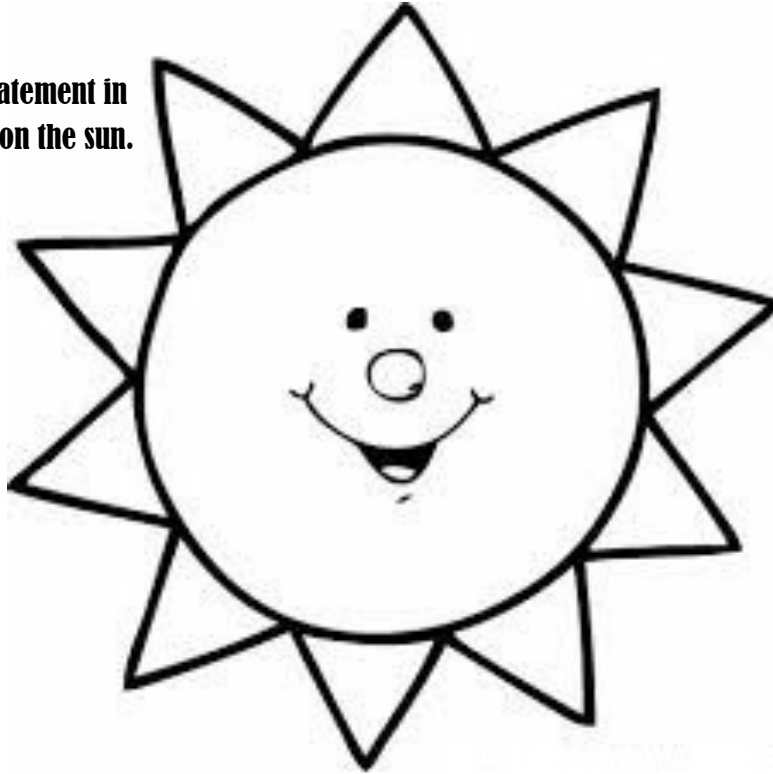


# Let's Talk Self Esteem!

Please write a positive self statement in each of the triangles located on the sun.



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**Name 3 accomplishments you have made.**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**What is something you have overcome?**

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**What do you do for self care?**

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**Discuss 1 positive goal for the future.**

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