

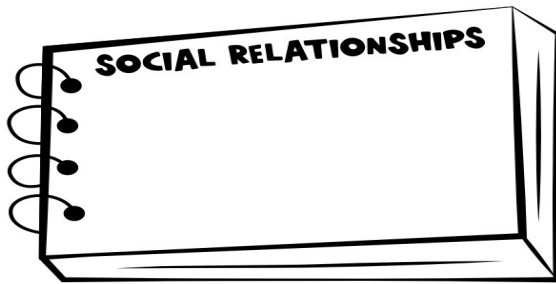
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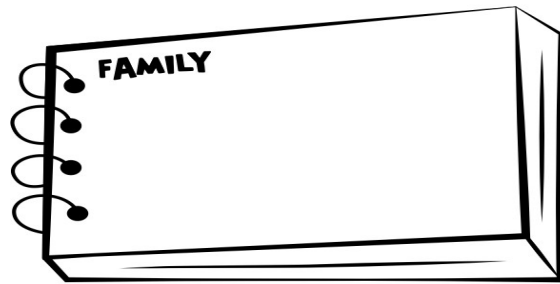
# Self-Esteem

Think about each area of your life and write something positive about yourself that relates to it.

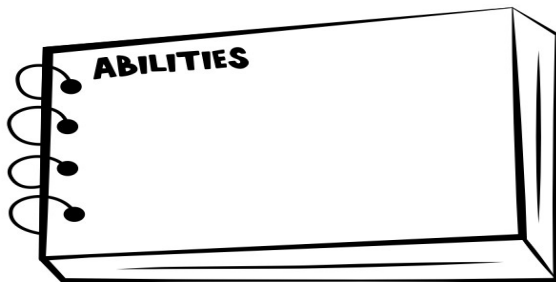
**SOCIAL RELATIONSHIPS**

A spiral-bound notebook with the title 'SOCIAL RELATIONSHIPS' written in bold, uppercase letters at the top left. The notebook is blank and ready for writing.

**FAMILY**

A spiral-bound notebook with the title 'FAMILY' written in bold, uppercase letters at the top left. The notebook is blank and ready for writing.

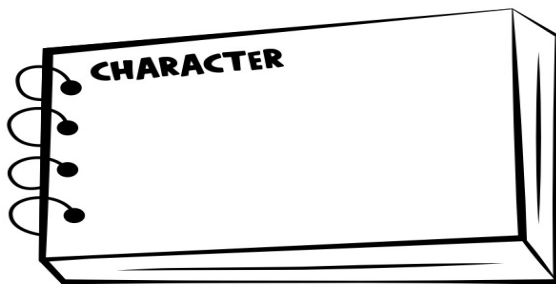
**ABILITIES**

A spiral-bound notebook with the title 'ABILITIES' written in bold, uppercase letters at the top left. The notebook is blank and ready for writing.

**SCHOOL**

A spiral-bound notebook with the title 'SCHOOL' written in bold, uppercase letters at the top left. The notebook is blank and ready for writing.

**CHARACTER**

A spiral-bound notebook with the title 'CHARACTER' written in bold, uppercase letters at the top left. The notebook is blank and ready for writing.

**OTHER**

A spiral-bound notebook with the title 'OTHER' written in bold, uppercase letters at the top left. The notebook is blank and ready for writing.