

Name:

Date:

SELF-ESTEEM WORKSHEET **FOR ADULTS**

Something I love doing is...

I think I am great at...

I would like to be great at...

In order to be great at (your answer above), I will...

My family thinks I'm great at...

Others think I'm great at...

My greatest skill/talent is...

I feel good about...

I admire myself for...

What I love most about myself is...

I've had success with...

My future goals include...

I'm confident that I'll achieve them because...

I'm/I'll be at peace when...