

Self Esteem Worksheet For Teens

Name	Date
What are 3 things I like about myself?	
1.	
2.	
3.	
What are 3 things my friends/family would say if they were asked what they like most about me?	
1.	
2.	
3.	
What is something I am good at?	
What is a recent accomplishment I have had?	
What goals do I want to achieve?	