Start Building Your Self Esteem today.

Creating greater self esteem starts with introspection and how you see yourself. It might seem hard to list 10 things you admire about yourself, but I really want you to work on this assignment. Come back to it and revisit it until you can list 10 things. You've got this! I believe in you.

List 10 things you admired about yourself.

How to Play to Your Strengths

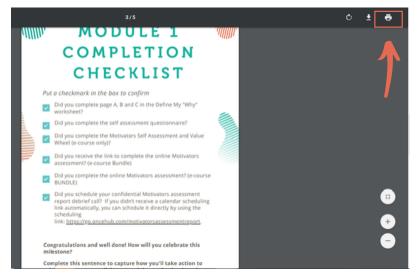
Over the course of 2 normal days, be present for your emotions and the experiences you have during the day. Capture in the plus column (+) what you were doing, thinking, experiencing or the person/people you were with when you felt you had more energy, more enthusiasm and more confidence. Conversely, capture in the minus (-) column, what you were doing, thinking, experience, or the person/people you were with when you feel energy drained from you, when you felt unsure, uncomfortable or self conscious.

Once you've captured your plus and minus experiences for 2 days, take time to reflect on what you're doing that allows you to play to your strengths, feel more self-assured, confidence, and positive.

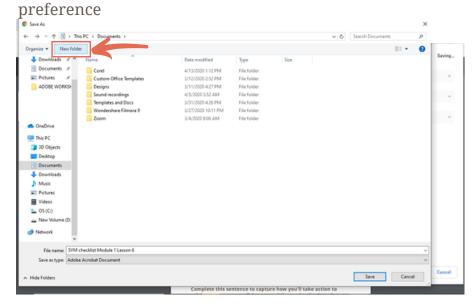
Make a conscious effort to add more to your plus column and see what it does for your energy level, your motivation, and your sense of self-appreciation.Be intentional about this activity and make a positive commitment to your well-being. Trust me, you're worth it!

Guide on how to save your worksheet

Step 1: Click on the print icon



Step 3: Create "New Folder" and name it base on your



Step 2: Choose the destination of your file, select "Save as PDF"



Step 4: Click "Save" button

