

# BUILDING SELF-ESTEEM



**START**

Describe yourself in one word

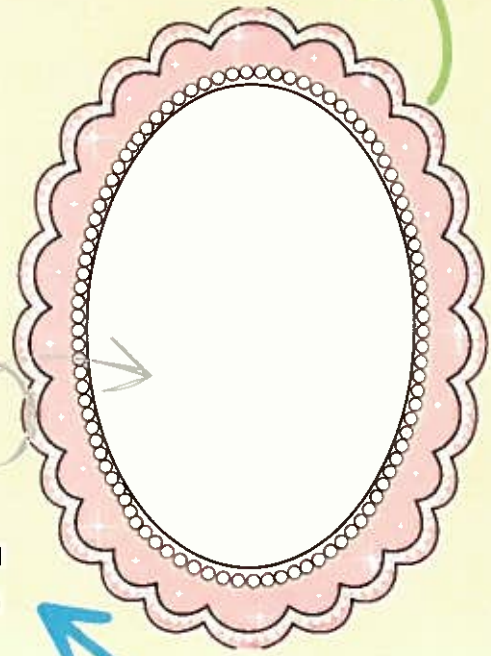
**FINISH**

Describe yourself in one word

Write down what your best at



Take a look in the mirror and write down 3 positive affirmations



Write down the people that love and care for me

This jar is filled with stars. Write your best qualities and attributed on these star

