

# Celebrate Your Strengths Chart

Take a breath, clear your mind of past judgments, and list your personal strengths under each category.

<b>Emotional</b>	<b>Intellectual</b>
<b>Physical</b>	<b>Creative</b>

Then, on the back of this page, list every strength from smallest to biggest. After each item listed, write at least one example of a specific time you exhibited this strength. Finally, read over what you've written. Remember, these strengths don't make you better than anyone else, but they are real and they are yours. Look at them regularly to build the habit of thinking positively about yourself.

# Infinite Possibilities Worksheet

Choose one or more objects from the list below, and list all possible uses you can think of for each object.

- Ring
- Book
- Football
- Teddy bear
- Pillow
- Orange
- Spoon
- Shoe
- Facial tissue
- Hammer
- Blender
- Leaf

Object: \_\_\_\_\_

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Object: \_\_\_\_\_

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Object: \_\_\_\_\_

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Next, use the same method to find solutions for a current challenge.

Challenge: \_\_\_\_\_

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Finally, open your mind and find new ways to think about yourself to build healthy self-esteem.

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# Favorites and Least Favorites Worksheet

Use the chart below to list your favorite and least favorite colors, foods, clothes and activities.

	<b>Favorite</b>	<b>Least Favorite</b>
<b>Colors</b>		
<b>Foods</b>		
<b>Clothes</b>		
<b>Activities</b>		

When you're done, look over the lists and remind yourself that these things aren't inherently good or bad because of which list they're on. The same goes for people. There are probably some people you don't like so much, but that doesn't make them bad or wrong; it just means they don't suit your personality as well. And there are other people who do like them. This is true for whether others like or dislike you, too.

Now, make a list of people you've been worried about getting to like you.

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Look at these names and remind yourself that their not liking you is not a reflection of your worth. And make a conscious decision to change this thinking habit, let these people go from your worries, and move on with your life. The next time you see them, smile and silently wish them well. Then focus on the friends you do have and create healthy self-esteem.

# Getting to Know Your Authentic Self

Slowly ask yourself the following questions and listen for the first answers that come. What is your deepest desire? What is your greatest goal? What are your strongest dreams? What are you passionate about? Let your intuition bring the answers from your authentic self. Then slowly open your eyes, and record the first things that come to mind in response to these prompts:

<b>Five things you like</b>	
<b>Five things you dislike</b>	
<b>Five things you believe strongly</b>	
<b>Five things you are passionate about</b>	
<b>Five things you would love to do</b>	
<b>Five things you would never do</b>	
<b>Five qualities you'd like to be known for</b>	
<b>Five things you'd like to contribute to the world</b>	

# How Comfortable Am I With My Friends?

List the people in your closest friend group. For each person, rate the following on a scale from 1 (low) to 5 (high): (a) how comfortable I feel being my authentic self with this person, (b) how much this person respects my authentic self, and (c) how much being with this person contributes to my positive growth. Then add comments to explain your ratings.

**Your friend's name:** \_\_\_\_\_

(a) How comfortable do I feel being my authentic self with this person? \_\_\_\_\_

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(b) How much does this person respect my authentic self? \_\_\_\_\_

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(c) How much does being with this person contribute to my positive growth? \_\_\_\_\_

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**Your friend's name:** \_\_\_\_\_

(a) How comfortable do I feel being my authentic self with this person? \_\_\_\_\_

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(b) How much does this person respect my authentic self? \_\_\_\_\_

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(c) How much does being with this person contribute to my positive growth? \_\_\_\_\_

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**Your friend's name:** \_\_\_\_\_

(a) How comfortable do I feel being my authentic self with this person? \_\_\_\_\_

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(b) How much does this person respect my authentic self? \_\_\_\_\_

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(c) How much does being with this person contribute to my positive growth? \_\_\_\_\_

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Use a separate sheet of paper if you have more friends to rate.

When you're done, read over your ratings and comments. How do each of your friends affect your self-esteem? If any don't help you feel good about yourself, think about what you might change. Switching friend groups or letting people go out of your life can feel uncomfortable, so set small, realistic goals—for instance, changing the way you respond to someone.

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Choose one of the goals you write down to try in the next week.