

ACKNOWLEDGING MY STRENGTHS

When we view ourselves as lovable, valuable, and capable, we are recognizing key things about ourselves that add to our self-esteem. Completing the exercise that follows will help you recognize your accomplishments, positive personal traits, and skills.

1. Over the next week, identify three positive things you accomplish each day (e.g., cooked a good meal, found a job, cheered up a friend).

Day 1

A. _____
B. _____
C. _____

Day 2

A. _____
B. _____
C. _____

Day 3

A. _____
B. _____
C. _____

Day 4

A. _____
B. _____
C. _____

Day 5

A. _____
B. _____
C. _____

Day 6

A. _____
B. _____
C. _____

Day 7

A. _____
B. _____
C. _____



2. List five personal traits that you value about yourself (e.g., friendly, trustworthy, accepting). Then ask friends, family, and others for five more.

My List

Others' List

- | | |
|----------|----------|
| A. _____ | A. _____ |
| B. _____ | B. _____ |
| C. _____ | C. _____ |
| D. _____ | D. _____ |
| E. _____ | E. _____ |

3. Now list five skills that you believe you have (e.g., play piano, can fix things, good housekeeper).

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

4. Reviewing the three areas of accomplishments, traits, and skills, what do you believe are your most valuable assets? _____

5. Write each of your 15 positive skills and traits on a 3 × 5 card and post them around your home so that you are reminded of them regularly.

6. Take three cards with positive skills or traits written on them and stand in front of a mirror. Look yourself in the eye while repeating the statements "I am _____" (filling in one of your positive qualities). Repeat this mirror exercise for 2 minutes each day for a week. Rate how comfortable you were with saying good things about yourself.

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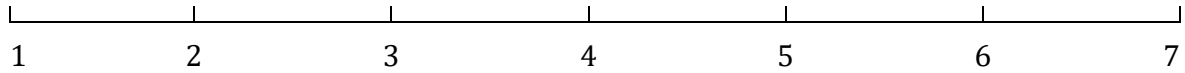
1 2 3 4 5 6 7

Very
Uncomfortable

Very
Comfortable



7. Rate how your self-esteem has grown after completing this exercise for 1 week.



No
Growth

Maximum
Growth