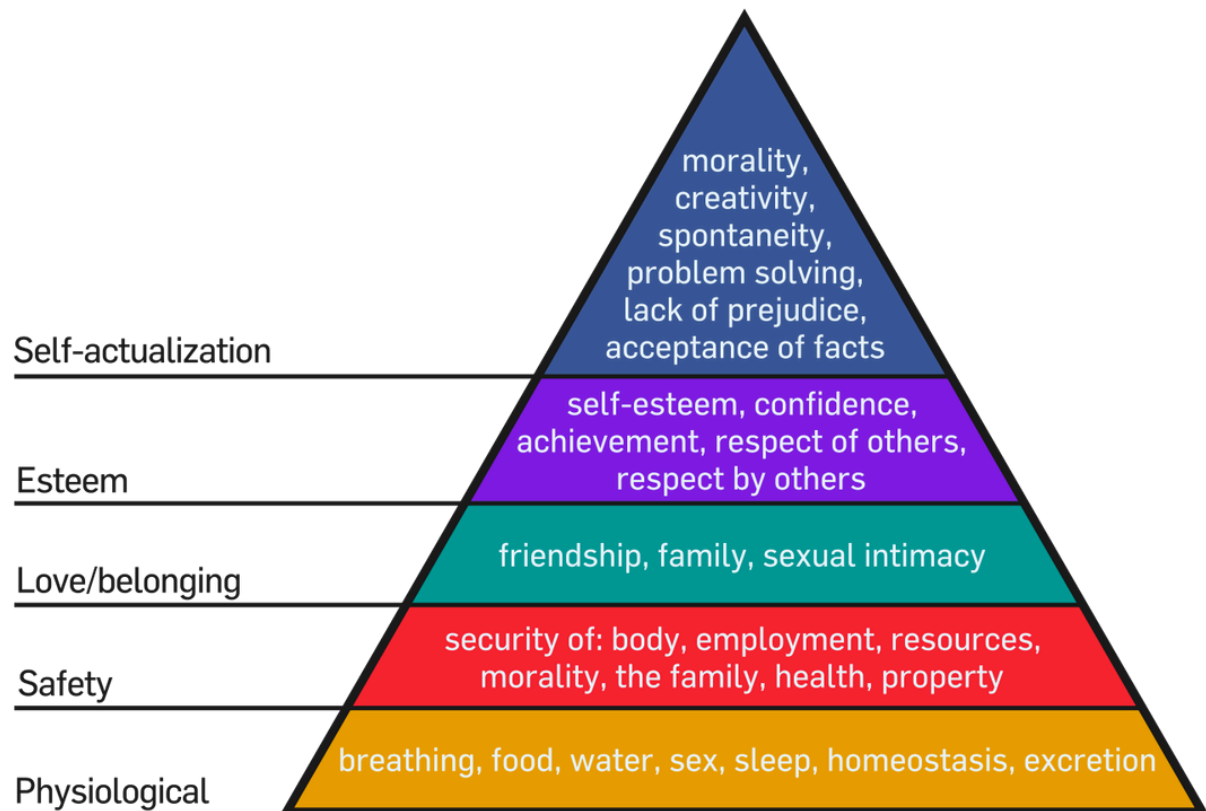



Self Actualization



10 questions to IMPROVE YOUR SELF-AWARENESS

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The EXPECTATION GAPS
Assess Your Degree of Self-Actualization

This worksheet will help you identify specific areas of your life that you can improve by using your Deliberate Thinking skills.

Answer the following questions based on this scale:

1	2	3	4	5
Never	Rarely	Depends	Usually	Always

	Score
#1 - Do you find it easy to laugh at yourself and at the human condition in a jovial way?	<input type="text"/>
#2 - Do you find it easy to relate to people who are perceived to be of higher or lower social standing than you?	<input type="text"/>
#3 - When you are attracted to someone, either in a friendly or romantic way, is it more often due to an admiration and appreciation of them, the qualities and virtues they possess, rather than what they have to offer you?	<input type="text"/>
#4 - Are you able to come to a good judgment about a person or situation with insufficient evidence? You tend to leap to the right conclusion more often than not.	<input type="text"/>

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 **The EXPECTATION GAPS**

https://www.educationworld.com/a_lesson/self-esteem-positive-character-traits.shtml

<https://m.youtube.com/watch?v=pdjaxS4ME2A>

<https://healthselfesteem.org/lessons-activities/self-esteem-lesson-plan/>

https://cdn.shopify.com/s/files/1/2013/0229/files/9_Self-Confidence_Building_Activities_for_Students.jpg?v=1629336377

Self-Esteem Journal

MONDAY	
Something I did well today...	
Today I had fun when...	
I felt proud when...	
TUESDAY	
Today I accomplished...	
I had a positive experience with (a person, place, or thing)...	
Something I did for someone...	
WEDNESDAY	
I felt good about myself when...	
I was proud of someone else...	
Today was interesting because...	
THURSDAY	
I felt proud when...	
A positive thing I witnessed...	
Today I accomplished...	
FRIDAY	
Something I did well today...	
I had a positive experience with (a person, place, or thing)...	
I was proud of someone when...	
SATURDAY	
Today I had fun when...	
Something I did for someone...	
I felt good about myself when...	
SUNDAY	
A positive thing I witnessed...	
Today was interesting because...	
I felt proud when...	

MY SELF-ESTEEM

Name: _____

Date: _____

DIRECTIONS: Finish the sentence inside each balloon to tell about things you love about yourself.

The worksheet features five balloons arranged in a circle, each with a sentence to complete. Lines from the bottom of each balloon converge at a central point above the text 'I ❤️ Myself'.

- Top-left balloon:** I've been told I have pretty.....

- Top balloon:** I'm loved by.....

- Top-right balloon:** People compliment me about.....

- Bottom balloon:** I feel good when It.....

- Bottom-left balloon:** I'm good at.....

I ❤️ Myself

Self-Esteem: My Strengths

Circle your strengths from the choices below, or add your own at the bottom.

Wisdom	Empathy	Enthusiasm	Bravery
Kindness	Artistic	Love	Social Awareness
Cooperation	Honesty	Curiosity	Forgiveness
Open Mindedness	Common Sense	Leadership	Fairness
Modesty	Persistence	Self-Control	Patience
Gratitude	Love of Learning	Humor	Spirituality
Ambition	Creativity	Confidence	Intelligence
Athletic	Discipline	Independence	Flexibility
Assertiveness	Logic	Adventurous	Generous

SELF-ESTEEM WORKSHEET

Top 3!

Top 3 Ways You Are Unique

Top 3 Things You Like About Yourself

Top 3 Ways You Help Others

Top 3 Goals You Have For Yourself

Top 3 Things You Are Good At

Complete It!

"My strengths are..."

"I am proud of..."

"A time I was brave was when..."

"I enjoy learning about..."

"One example of how I have helped someone else was when..."



<https://biglifejournal.com/blogs/blog/self-confidence-building-activities>

<https://www.merakilane.com/self-esteem-activities-for-kids/>