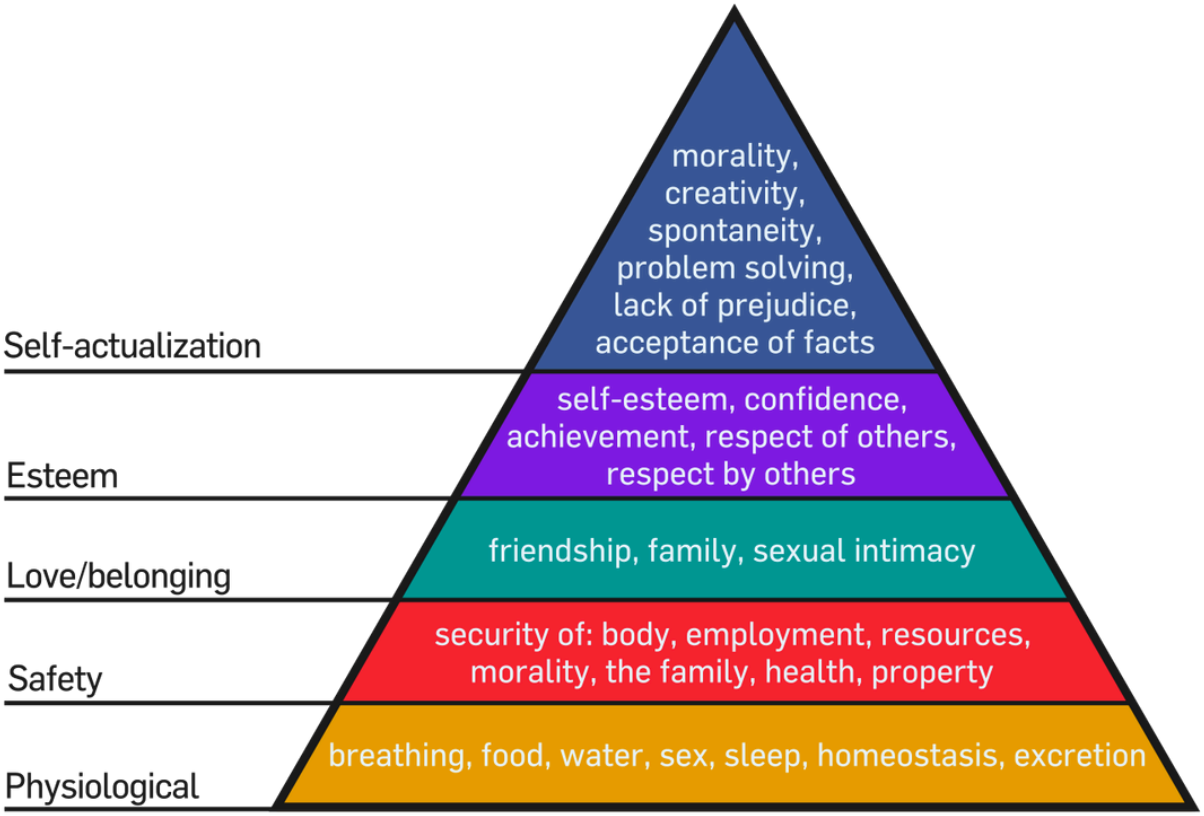
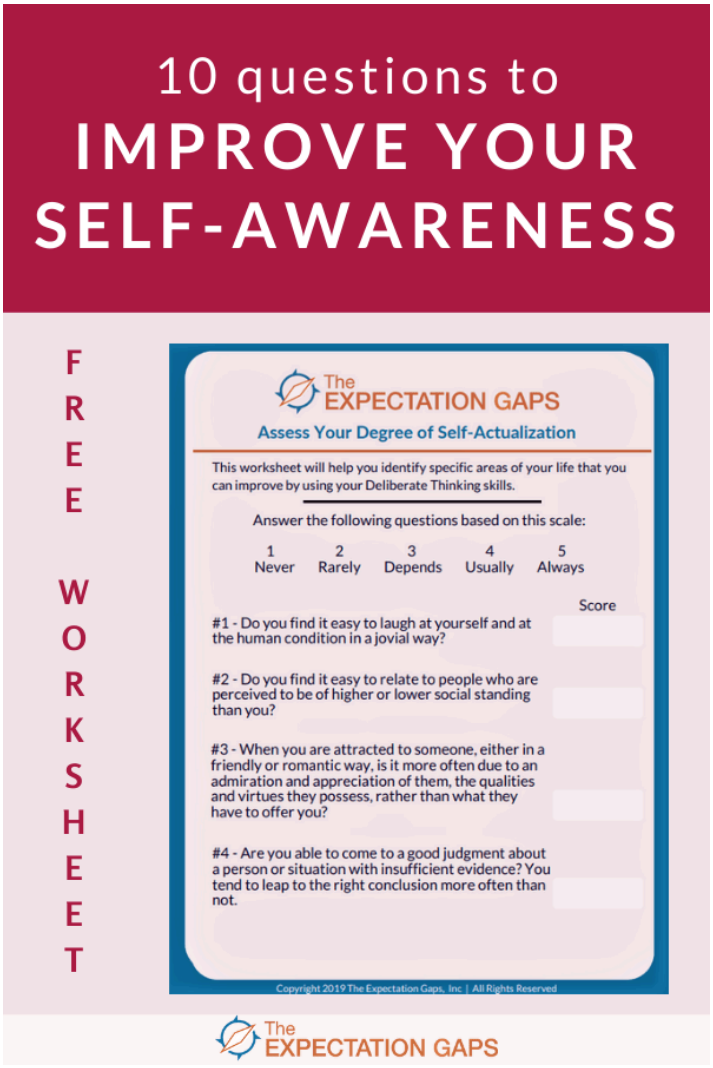
Self Actualization





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

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

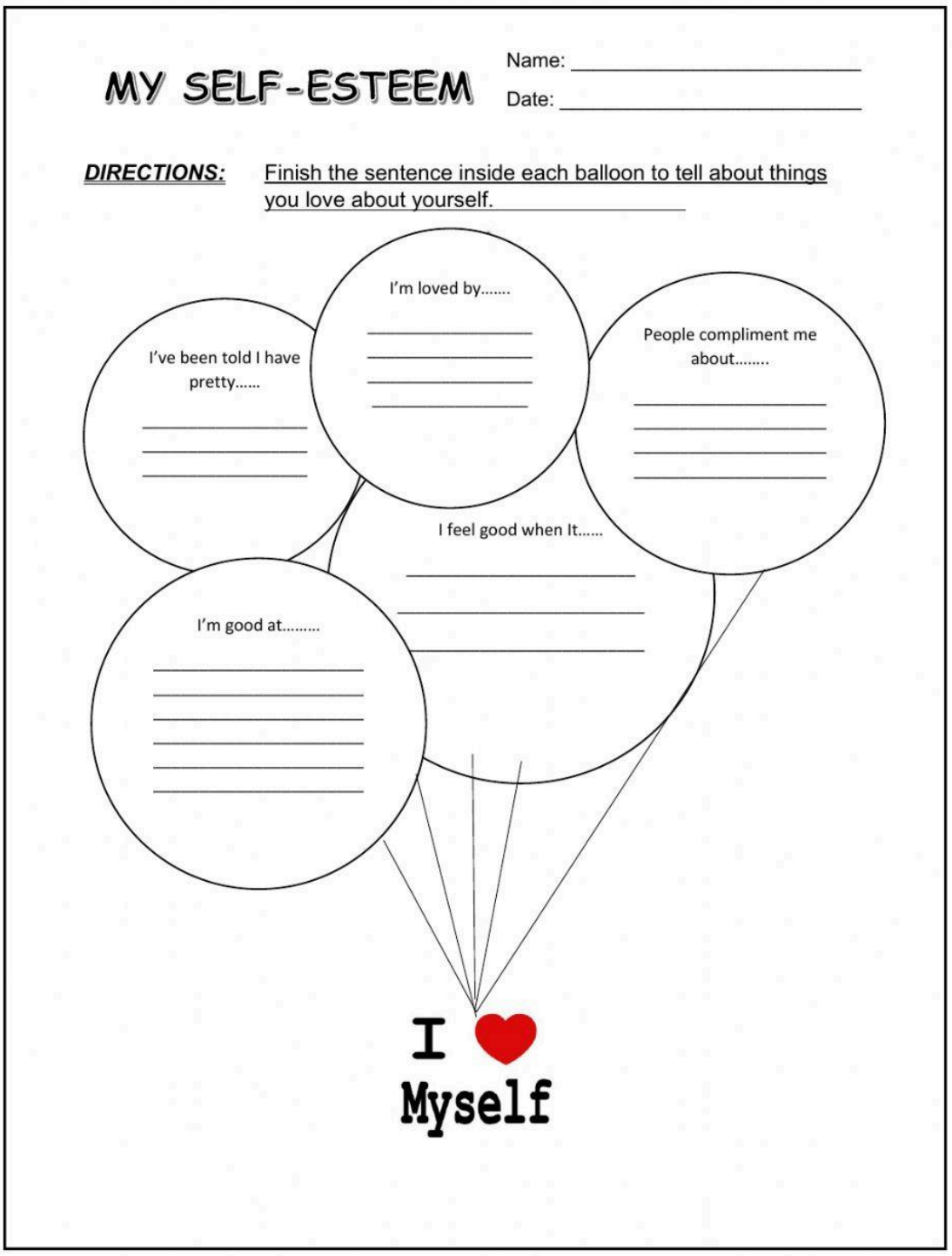
https://healthyselfesteem.org/lessons-activities/self-esteem-lesson-plan/

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...	

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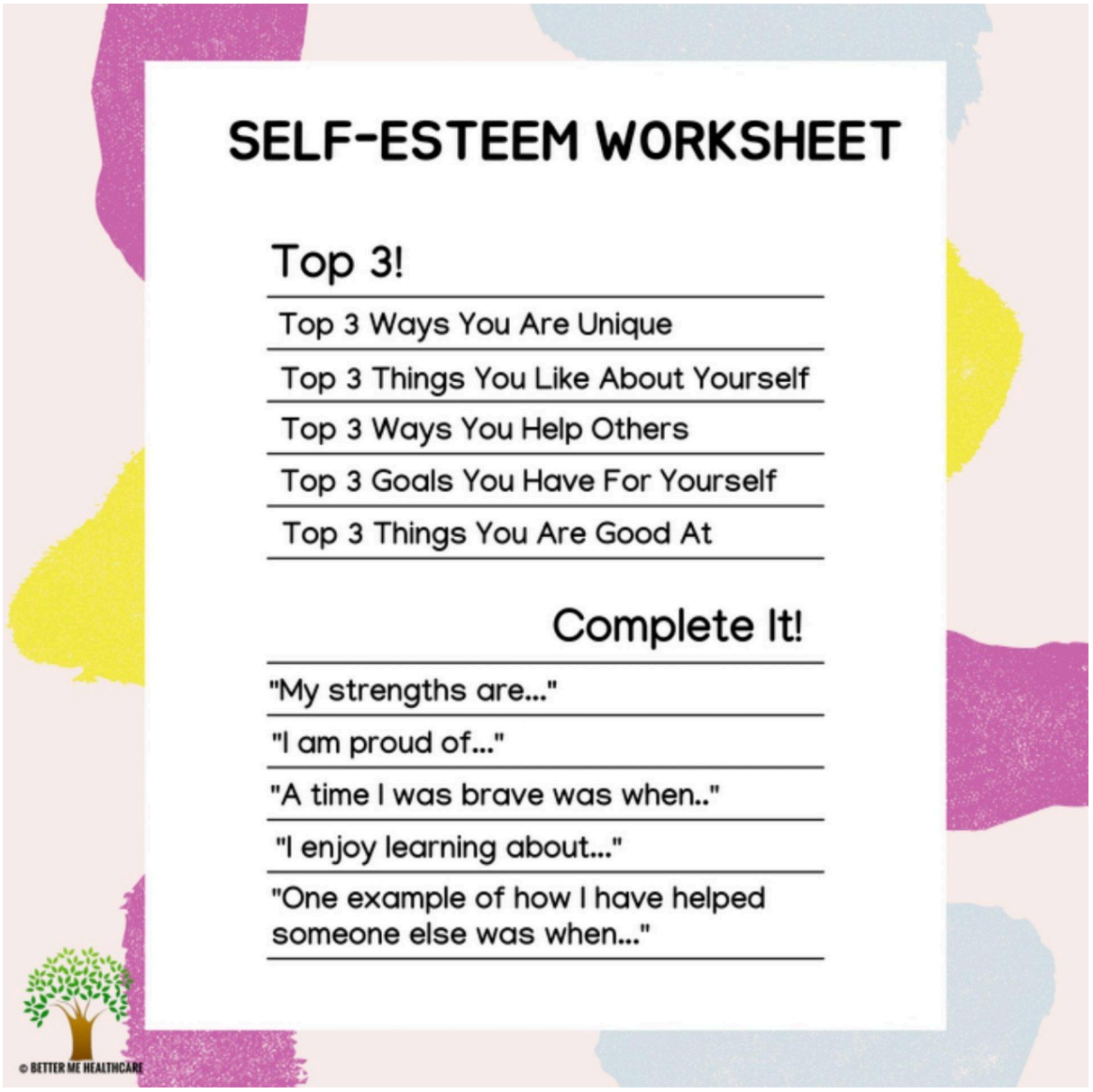
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THERAPlatform

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



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

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