

# Activity 3

## Give Yourself Credit

**Directions:** One way to boost your self-esteem is to give yourself credit for all the things you do well. Complete the statements below to learn more about your strong points.

1. My best personal qualities are \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2. My friends like me because \_\_\_\_\_

\_\_\_\_\_

3. My family praises me when I \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

4. I feel good about myself at school when I \_\_\_\_\_

\_\_\_\_\_

5. I feel good about myself at home when I \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

6. I contribute to my community by \_\_\_\_\_

\_\_\_\_\_

7. I show that I can be trusted by \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

8. I demonstrate self-respect when I \_\_\_\_\_

\_\_\_\_\_