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Other resources you will LOVE!



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Teen Self-esteem Pack

TOP STRENGTHS

What are your three top strengths or talents?
Draw or write in the boxes. Be proud of your strengths

You can choose from these or use your own		
caring	kind	considerate
patient	determined	loyal
strong	brave	adventurous
inclusive	organized	observant

USING STRENGTHS

Choose one of your strengths and write it below.

You got THIS

How can you use your strengths to...?

You can do it!

you are AMAZING

AFFIRMATIONS

You can say these affirmations to yourself each day.
Saying affirmations out loud to yourself will help you to believe them.

- I am strong
- I am brave
- My opinion matters
- I am confident
- I trust myself
- I can accomplish anything I set my mind to
- I respect myself
- I love myself for my individuality
- I believe in my hopes and dreams
- I can accept who I am
- I am grateful
- I can accept help from others
- My problems always have a solution
- I am in control

SELFIE CHALLENGE

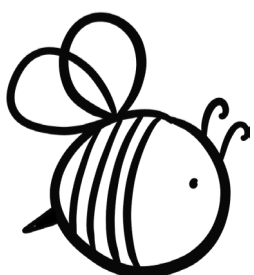
Draw a picture of you showing how you feel each day. Draw your selfie.

Monday	Tuesday	Wednesday	Thursday
Saturday	Sunday		

I deserve good things

Sometimes I need to look for good things but they ARE there

it's okay to feel your feelings



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TEEN SELF ESTEEM

you're
POWERFUL

YOU
can DO
THIS

YOU
I got
THIS

Build
relationships

Be assertive

Know your
strengths

Help others

Use gratitude

Be positive

Set
achievable
goals

Be aware
of your
Feelings

Be proud

Love
yourself

Use
affirmations

Accept
yourself

Have wishes
and dreams

Do things
that make
you happy

