



## The Best Me Exercise

Get a notebook, print this worksheet and complete the statements. If you cannot answer an item, don't worry - simply complete what you can. Keep your completed worksheet handy. The next time you're feeling low self esteem and need a boost, just read you're **The Best Me** worksheet and be reminded of how good you are. Remember to do this in a quiet, peaceful place. Once you've finished, write down in your notebook how you felt after doing the exercise.

1. I like myself because:
2. I'm an expert at:
3. I feel good about:
4. My friends would tell you I have a great:
5. My favorite place is:
6. I'm loved by:
7. People say I am a good:
8. I've been told I have pretty:
9. I consider myself a good:
10. What I enjoy most is:
11. The person I admire the most is:
12. I have a natural talent for:
13. Goals for my future are:
14. I know I will reach my goals because I am:
15. People compliment me about:
16. I feel good when I:
17. I've been successful at:
18. I laugh when I think about:
19. The traits I admire myself for are:
20. I feel peaceful when: