

4 FREE PRINTABLE



SELF ESTEEM WORKSHEETS

5 THINGS THAT I LIKE ABOUT MYSELF...

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



I love my family

I always try my best

I am awesome because

I make people smile

I care about others

I am awesome because

Gratitude Journal

TODAY'S DATE: _____

List 1 thing you are grateful for (big or small).

List 1 challenging situation or person and what you are learning from it.

List 1 person you are grateful for.

List 1 thing you like about yourself.

List your favorite moment from today.