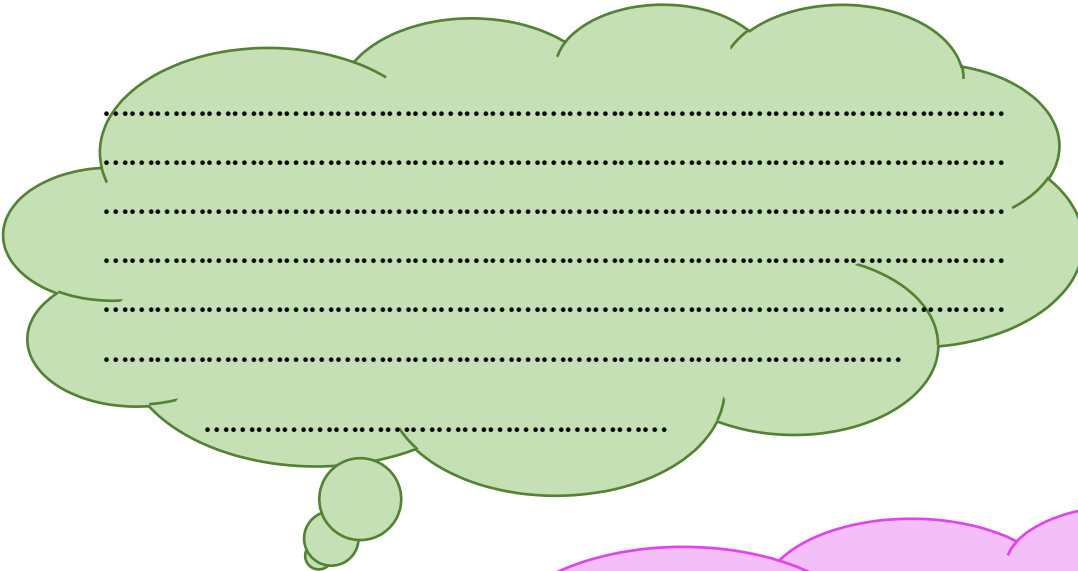


# WORKSHEET 2

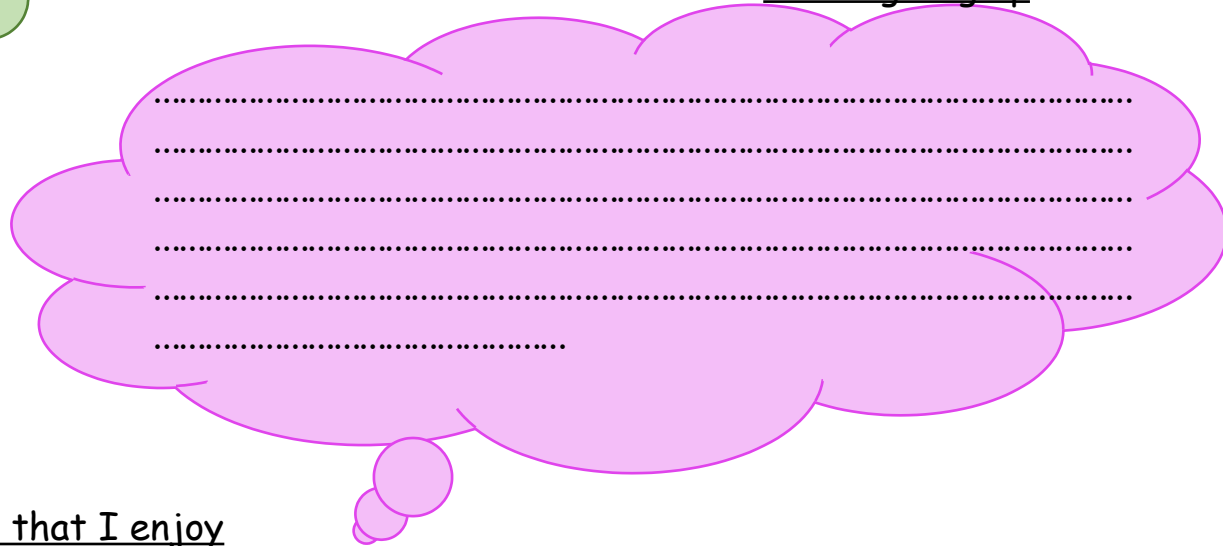
Instructions: Write a short paragraph explaining why you think it is important to do the following activities in order to improve your self-esteem.

Compliment yourself



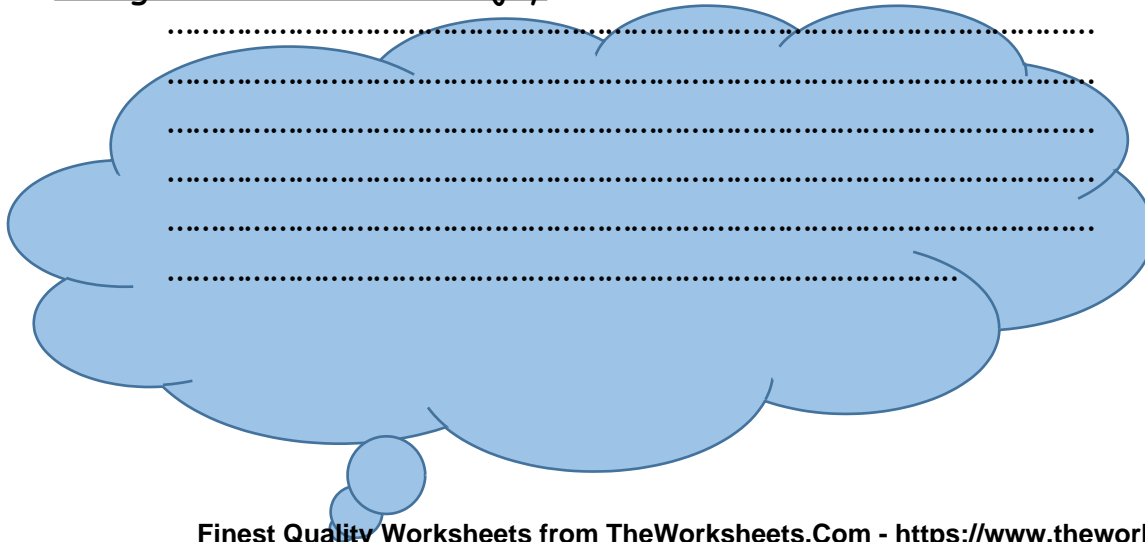
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Never giving up



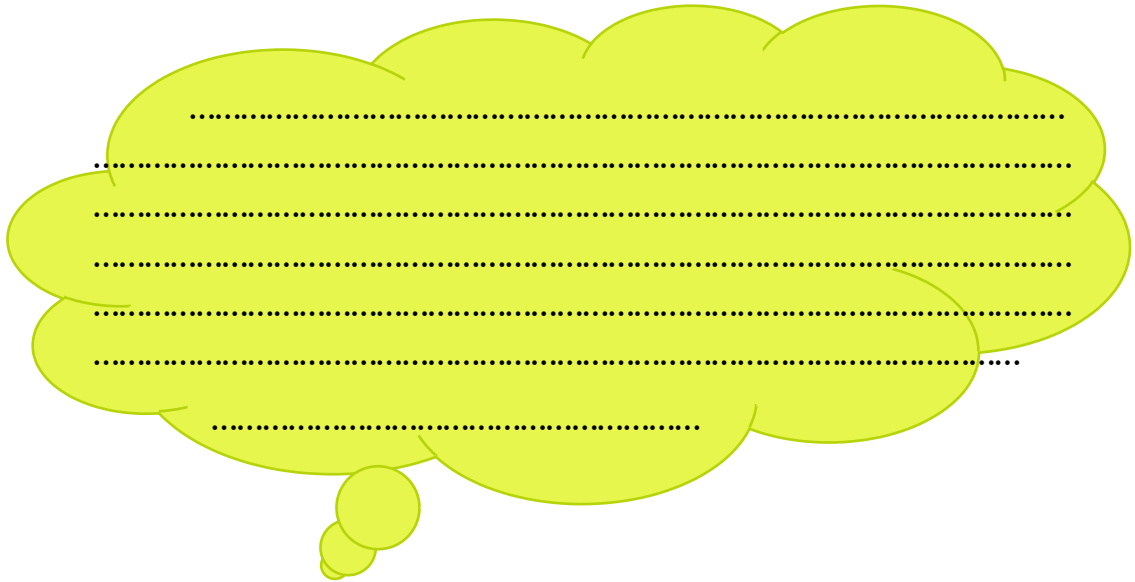
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Doing activities that I enjoy



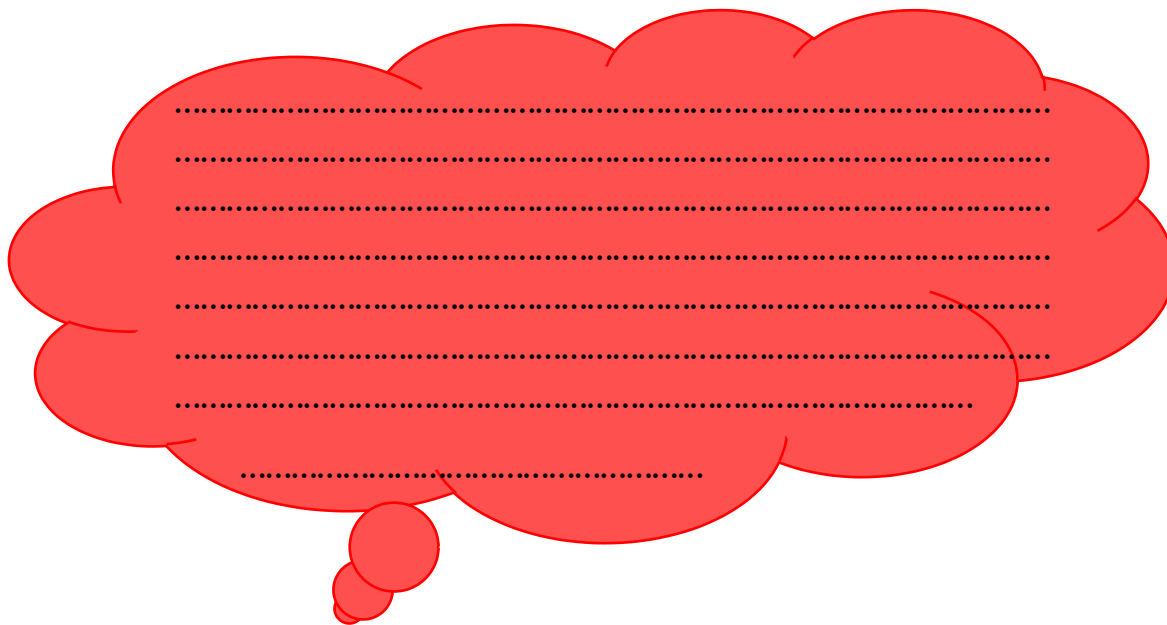
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Having a supportive family and friends



A large yellow thought bubble with a dotted line for writing. The bubble has a scalloped edge and three smaller circles at the bottom.

Being the best person, you can be



A large red thought bubble with a dotted line for writing. The bubble has a scalloped edge and three smaller circles at the bottom.

Parent's/Guardian's signature.....