

Self-Esteem Worksheet for Teens

Name: _____ Age: _____ Date: _____

Instructions: Take a few minutes to think about yourself positively. Try to answer each question honestly. There are no right or wrong answers.



What are three things I like about myself?

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What are three things my friends/family would say if they were asked what they like most about me?

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What is something I am good at?

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What is a recent accomplishment I have had?

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What goals do I want to achieve?

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