

Developing Positive Feelings About Myself

I feel good about myself when...

1. _____
2. _____
3. _____
4. _____

I am proud of myself when...

1. _____
2. _____
3. _____
4. _____

My family is proud of me when...

1. _____
2. _____
3. _____
4. _____

My friends like these things about me:

1. _____
2. _____
3. _____
4. _____

I am a good person because...

1. _____
2. _____
3. _____
4. _____

Name _____ Grade _____ Date _____