

MY SELF-ESTEEM

Name: _____

Date: _____

DIRECTIONS: Finish the sentence inside each balloon to tell about things you love about yourself.

The worksheet features five balloons arranged in a circle, each with a sentence to complete. Lines radiate from the bottom of each balloon to a central point above the text 'I ❤️ Myself', where the heart is a red icon.

I've been told I have pretty.....

I'm loved by.....

People compliment me about.....

I feel good when It.....

I'm good at.....

I ❤️ Myself