Name:_____Grade Level & Section: _____

Self Esteem and Self Confidence

Instructions: In the next page read and understand the statement and write whether it is an aspect of self esteem or self confidence.

1. I believe I will win this race. _____
2. I love myself. _____
3. I am strong and brave. _____
4. I am not afraid to take risks. _____
5. I am special and important to others. _____
6. I will always overcome challenges. _____
7. I am worthy of all good things. _____
8. I understand my strengths and weaknesses make me who I am. _____
9. I always underestimate my abilities. _____
10. I am going to pass this exam with full marks. _____

LIVEWORKSHEETS