

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.