

Date: _____

1. Complete a checklist of strengths and limitations

Strengths	Limitations
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. Using the checklist in (1), identify three persons who have helped/encouraged you to improve your strengths and overcome your limitations.

3. Match the column on the right with the column on the left using the LETTERS.

		Ans.	Situation
1	building self-esteem		A. It will help you face yourself and your problems with courage, instead of trying to escape by using drugs or engaging in violence
2	building self-worth		B. Accepting yourself with all your strengths and limitations will help you
3	building self-respect		C. It will help you build yourself up instead of running yourself down
4	set realistic goals		D. It will help you value yourself as a person