

## SELF-ESTEEM WORKSHEET

List 10 of your greatest accomplishments:

1.

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2.

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3.

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4.

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5.

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6.

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7.

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8.

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9.

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10.

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List your 5 best qualities:

1.

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2.

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3.

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4.

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5.

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List your top 5 values:

1.

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2.

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3.

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4.

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5.

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