



Name _____

Self Esteem Check List

Check off all the words that describe you or write your own.

☐

honest

☐

patient

☐

brave

☐

smart

☐

friendly

☐

forgiving

☐

humble

☐

artistic

☐

kind

☐

persistent

☐

trustworthy

☐

hardworking

☐☐☐

creative

☐

accepting

☐

focused

☐



PREVIEW

Please login or register to download the printable version of this worksheet.

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Strengths I want to develop- _____

Steps I can take to develop these strengths-
