

SELF-ESTEEM SHUFFLE

Cut out the cards below and arrange them in order according to the most evident sign of positive self-esteem

<i>Knowing my value and worth</i>	<i>Being able to speak up for myself</i>	<i>Taking care of myself (physically, mentally, emotionally and spiritually)</i>
<i>Being willing to take healthy risk and getting outside my comfort zone</i>	<i>Embracing the things that make me unique</i>	<i>Having personal goals and dreams for my life</i>
<i>Respecting myself and demanding that others respect me as well</i>	<i>Being willing and able to celebrate myself and my accomplishments</i>	<i>Speaking kindly about myself</i>
<i>Being willing to ask for help when needed</i>	<i>Feeling comfortable in my skin</i>	<i>Being willing to make mistakes</i>