

Building Self –Esteem Reflection Sheet

Understanding the value of a positive self-esteem helps develop a culture of respect. Meeting these needs will result in a stronger sense of community and support. Use this reflection sheet to identify your challenges and successes throughout the day.

Name: _____ Class _____ Date: _____

SAMPLE

Time Period	What were your Challenges & Successes
Morning	Challenge: Remembering to take homework to school Success: Placed my homework in my bag before I went to bed
Lunch	Challenge: My friend was sitting with other people and did not include me Success: I asked another friend to join me and we had a good time
Afternoon	Challenge: I was sleepy and bored Success: I asked to stand in the back of the room and was able to finish my work
Evening	Challenge: I wanted to watch TV and not finish my work Success: I moved to the kitchen and my mom visited with me while I worked

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	Challenge: Success:
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	Challenge: Success: