

## 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: \_\_\_\_\_

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

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