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**SELF ESTEEM WORKBOOK**  
25 different activities and a certificate of completion

**What are your characteristics?**

imaginative	strong	honest	observant	creative
loving	loyal	energetic	motivated	gentle
funny	friendly	patient	happy	modest
brave	dependable	imaginative	strong	honest
artistic	creative	helpful	inventive	saving
polite	sporty	kind	truthful	neat

**Gratification**

What are you grateful for? Write all the things you are grateful for.

Gratitude  
Gratitude  
Gratitude  
Gratitude  
Gratitude  
Gratitude  
Gratitude  
Gratitude  
Gratitude  
Gratitude

**Goal ladder**

Small steps

1  
2  
3  
4

Wow



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# My Brave Book



Sometimes life can be scary. Sometimes we need to try and be brave. Keep this diary for a few weeks and write down all the times you dealt with something scary.

There are several sheets you can choose from to keep your 'Brave Book'.

How brave did you feel afterwards? Did it feel good to face up to those scary things? It is always good to talk about anything that is scary for you.

Sometimes you just need to be brave enough to talk to someone.

I hope this diary helps you to 'Find your brave'





# I was BRAVE today



This is how scared I felt before

Terrified



Colour in a number

5  
4  
3  
2  
1

Not scared

This is what happened



I did this



This is how brave I felt afterwards

Very brave



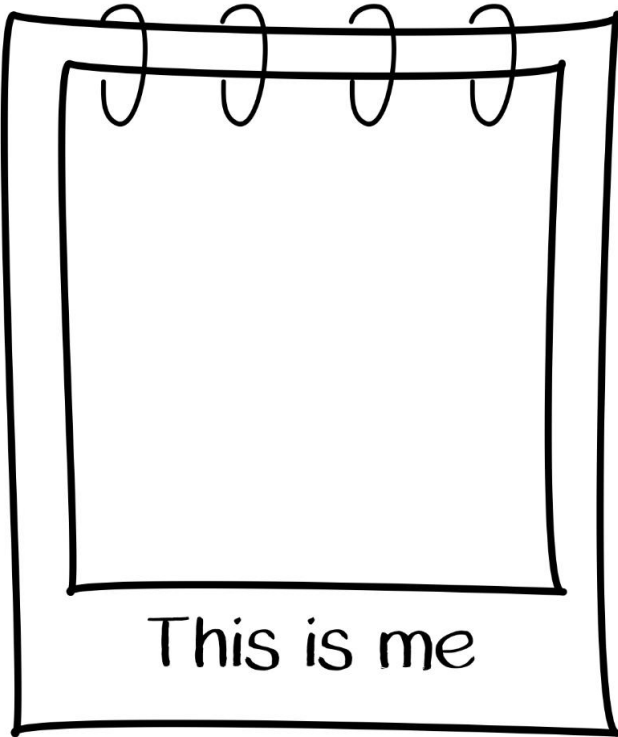
Colour in a number

5  
4  
3  
2  
1

Not brave



I was BRAVE today



This is me

This is what happened

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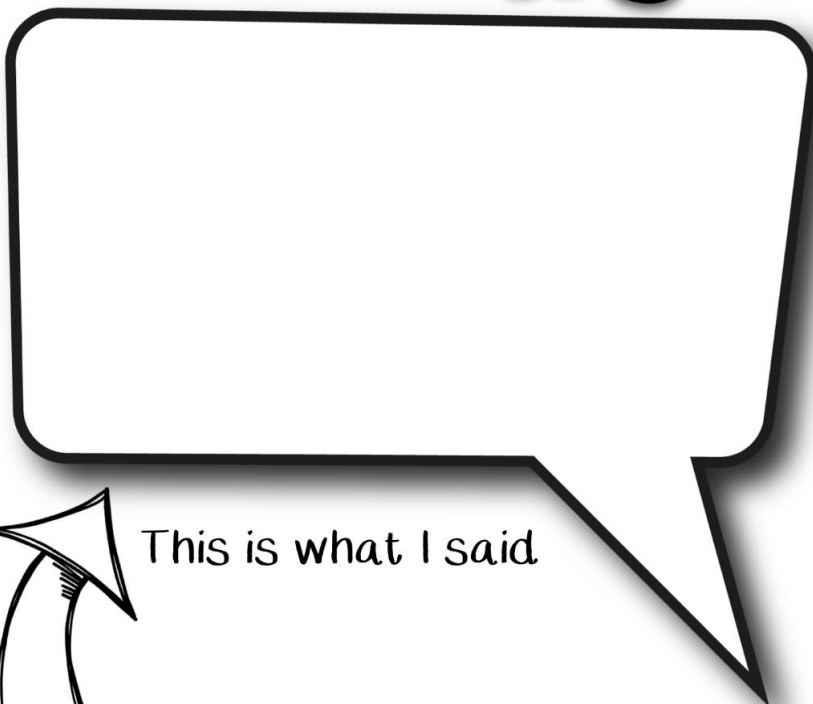
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AWESOME

WOW



This is what I said





I was BRAVE today



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