YOU ARE UNIQUE...
"WHO AM I?" EXERCISE

INSTRUCTIONS:

Before you begin to explore your self-esteem, please THINK about and ANSWER the following questions. Write down your intial impressions or thoughts. It is important to be honest in your answers.

1. Write three positive words that describe yourself.

   (1) sociable (2) outgoing (3) ambitious

2. What single factor contributes most to your self-esteem?

   Beliefs and society.

3. What do you consider to be your greatest accomplishment?

   living my life on my terms.

4. What would your best friend say is your most positive attribute?

   honest and trustable.

5. What was the most positive message your parents gave you?

   always believe there is something is going to happen.

6. What would you most like to be remembered for in your life?

   I would like to be remembered as honest friend and best friend.

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