



Self-Esteem & Strengths

This worksheet is designed to help you recognise your qualities, skills, and achievements. Take your time—there are no right or wrong answers.

My Strengths & Qualities

My greatest skill or talent is: _____

Things I am good at:

1. _____
2. _____
3. _____

One thing I admire about myself: _____

My Support & Feedback

Someone I trust thinks I am great at: _____

Compliments I have received:

1. _____
2. _____
3. _____

Achievements & Experiences

I've had success with: _____

A challenge I have overcome: _____

I have helped others by: _____

Self-Reflection

List 5-10 words that describe you:

Things I like about my appearance: _____



Things that make me unique: _____

What I value most: _____

My future goals include: _____