

My Treasure Chest II

Words of Affirmation: Nurturing my *Self-Esteem*

Identify as many rewarding words or thoughts as possible. In difficult times, you can take out this list and recite it aloud or in your head in order to nurture the esteem you have towards your Self.

1. I'm OK.
2. I have worth no matter what.
3. I'm a good person.
4. I'm capable of doing beautiful things.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.
11. _____.
12. _____.
13. _____.
14. _____.
15. _____.
16. _____.
17. _____.
18. _____.
19. _____.
20. _____.

