

-- IMPORTANT THINGS ABOUT ME --

- ❖ I look the best when I wear:
- ❖ My best physical qualities are:
- ❖ My best talents and skills are:
- ❖ My best school subjects are:
- ❖ My best accomplishments are:
- ❖ My best relationship skill (like making friends, etc.) is:
- ❖ My best problem-solving occurs when:
- ❖ My best friends like my:
- ❖ My friends think I:
- ❖ My family thinks my talents are:
- ❖ I excel in:
- ❖ People can depend on me to:
- ❖ I've made the following positive contributions to the family:
- ❖ The following family members have expressed their love for me:
- ❖ Other members of my community (religious group, teachers, uncles and aunts, etc.) have told me how much they appreciate me, including:
- ❖ The following people have told me they respect me:
- ❖ I feel worthy of love and respect because:

TIP – Have your child fill out this page and post it in their room to acknowledge their worth!

(Source: Dr. Phil)