

# FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY  
THAT LEADS TO SELF-ESTEEM



## *Module 2 – Worksheet 1*

### **Significant People in My Life**

*“I was sustained by one piece of inestimable good fortune. I had for a friend a man of immense and patient wisdom and a gentle but unyielding fortitude. I did not give in because he would not let me give in.” Thomas Wolfe*

In addition to your parents and family, you probably had other people in your life that profoundly influenced you. These might have been relatives, teachers, scout leaders, religious leaders, friends, etc. and their influence may have been either positive or negative. The messages you received from these people, the interactions you had with them, and their personal characteristics all played an important part in your development and early definition of who you were.

#### **Exercise: Significant People**

In the space below list the people you feel had the most influence, both positive and negative, on you as you formed your self-image and grew to adulthood:

**PERSON**

**HOW HE OR SHE INFLUENCED ME**

Do you feel the need to communicate with any of these people, whether they are dead or alive, about the influence they have had on your life? If so, use the space below to write notes to the people involved, telling them how you feel about your experience(s) with them. You may or may not choose to send these notes.

Notes to the significant people in my life: