

FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module 6 – Worksheet 4

Why I Like Me

**“The best thing you can do is get very good at being you.”
Dennis the Menace**

Whether you want to admit it or not, you probably have many special characteristics that make you unique. They may be qualities that you discount as "no big deal," or say "everyone has that." Or, when you were young you may have been taught to only focus on the negative, be modest, and don't ever brag. As a result, you eventually learned to discount the beautiful, wonderful person you are, compare yourself negatively with others, and not allow yourself to be honest about what makes you special.

It's time for you to get past all the "*shoulds*" that tell you what an unlovable, valueless person you are, and to get in touch with the special, capable, competent, unique being you really are. Liking yourself is a direct reflection of your self-esteem.

Exercise: Positive Personal Characteristics

List at least 10 (or more) qualities that you like about yourself. No modesty allowed here, and be sure to not overlook a quality just because it's not totally unique. Are you a good friend, a loving parent, a valuable employee, a caring son or daughter? What special qualities are required to do these things well? Are you sympathetic, fun, responsible, gentle and kind, intelligent, punctual, athletic, honest, musical, creative, loyal, brave, etc.? This list is only for you, so accept that there are MANY characteristics you are secretly proud of, and let the words flow.

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2

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10

MORE!

Let this list serve as positive affirmations about yourself. Preface each characteristic with the words, "I am." Hang it on your bathroom mirror or someplace handy, and read it several times a day. It's time to trust that this list represents your intuition about the person you really are, and start believing it with your conscious mind.

Reflections on Why I Like Me

- I am an amazing human being
- I have many characteristics within and about me that make me unique.
- I need to be honest with myself about what makes me special.
- It's time for me to be proud of who I am.