

# FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY  
THAT LEADS TO SELF-ESTEEM



## *Module 7 – Worksheet 2*

### **My Rediscovered Self**

Throughout this program you have looked at many aspects of your personality, all the things that make you such an incredible and unique person. These are all parts of you that you may have been in touch with when you were younger. However, through the growth process and the necessity of adapting to your environment, you might have lost contact with aspects of yourself. By going through this program you have reconnected with many of these lost parts.

This final section is a summary of what you have been rediscovering. Be sure to take time to go back over whatever modules or exercises had special meaning for you. Also it's important to focus on the ones you had particular trouble completing. Take some time to think about all you have learned. Then fill in the following personal inventory:

MY MAJOR VALUES INCLUDE:

MY SKILLS AND ABILITIES INCLUDE:

MY GREATEST STRENGTHS ARE

AT LEAST FIVE THINGS I HAVE FELT PROUD OF IN MY LIFE ARE:

MY PERSONAL VISION OF SUCCESS:

TIMES I HAVE FELT SUCCESSFUL:

MY MAJOR NEEDS IN LIFE ARE:

MY MAJOR GOALS IN LIFE ARE:

**Reflections on My Rediscovered Self**

- ***I AM AN INCREDIBLE, LOVEABLE, VALUABLE, UNIQUE PERSON!***