

Self-Awareness  
Fearless Class Card

**MY SELF-ESTEEM**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**DIRECTIONS:** Finish the sentence inside each balloon to tell about things you love about yourself.

I've been told I have pretty.....  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I'm loved by.....  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

People compliment me about.....  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I feel good when it.....  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I'm good at.....  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I ❤️  
Myself



# Self-Care Worksheet



FINDING BALANCE IN MY LIFE

<p><b>MIND</b></p> <p>CURRENT PRACTICE</p>    <p>NEW PRACTICE</p>	<p><b>BODY</b></p> <p>CURRENT PRACTICE</p>    <p>NEW PRACTICE</p>
<p><b>EMOTIONS</b></p> <p>CURRENT PRACTICE</p>    <p>NEW PRACTICE</p>	<p><b>SPIRIT</b></p> <p>CURRENT PRACTICE</p>    <p>NEW PRACTICE</p>

