



Raise Self Esteem Now

<p>I'm proud of these traits</p> <hr/> <hr/> <hr/>	<p>3 Factors which crush my self esteem</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>3 compliments which make me feel awesome</p> <hr/> <hr/> <hr/>	<p>3 Things I will do to handle the factors above</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>People whose lives are more pleasant because of my presence:</p> <hr/> <hr/> <hr/>	<p>Notes</p>