

# How Do You See Yourself?

Eg.

How do I see myself? *Not good enough*

How you think other people think of you? *Inadequate*

Describe what would be the ideal you? *Confident, loved by others*

What are three things you ever been praised or complimented on:

1. *I am super organized*

2. *A true friend*

3. *Well done your success*

Which of these compliments mean the most to you? *Well done on my success because I feel proud with my own achievement.*

What did you notice about how you see yourself? *Hey, I am not so bad after all. If I ever been praised, means I am good enough!*

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How do I see myself?

How you think other people think of you?

Describe what would be the ideal you?

What are the three things you ever been praised or complimented on:

Which of these compliments mean the most to you?

What did you notice about how you see yourself?