

# How to use Tips For Kids self esteem Worksheets-

## Listing Positives Qualities for Boosting self esteem

Here you will know-

1. Who can be benefited from this positive listing approach?
2. What are these worksheets are?
3. Why we need these worksheets?
4. How to use these worksheets?

### 1. Who can be benefited from this positive listing approach?

- ✓ Children can be benefitted by these worksheets.
- ✓ You can use for school or your organization kids.

### 2. What are these worksheets are?

**Answer:** there are total 6 worksheets. These are -

- ✓ 1. My good qualities
- ✓ 2. My good qualities final list
- ✓ 3. My good qualities with 3 example and My good qualities with 5 example
- ✓ 4. Daily activities that reflects my 3 good qualities and Daily activities that reflects my 5 good qualities

### 3. Why we need these worksheets?

**Or what are the benefits of these worksheets?**

**Or, why we need to acknowledge our positives?**

**Answer:** We sometime neglect our small good things or qualities; we also hardly remember our good qualities or activities after long time of the event.

But as we know, one of the ways to have a good self esteem is to acknowledge our qualities in our daily life.

**If we do this activity and make a diary with these worksheets, we can feel good about ourselves and it will help us to remember our good things or good deeds whenever we need... ..especially in bad days (or when we need most).**

**For more info read my article: [How to Get Self Esteem By Listing Your Positives!](#)**

#### 4. How to use these worksheets?

**These are reprint able worksheets so it can be use for lot of kids or person**

This instruction is for one person or kid use (for one week).

- ✓ Print out 2 or more copies (or as many as you need) of '1. My good qualities' and '2. My good qualities'
- ✓ Print out 2 or more copies (or as many as you need) of " 3. My good qualities with 3 examples" or "My good qualities with 5 examples".
- ✓ Print out 7 or more copies (or as many as you need) "4. Daily activities that reflects my 3 good qualities" or "Daily activities that reflects my 5 good qualities".

#### **More tips:**

- Remember to include *everything* no matter how small, insignificant, modest, or unimportant you think they are
- Than take your time to complete the worksheet...You may need more than one sitting to complete the worksheets.

That's all people...Your kids or you can start writing your cool qualities.

Hope you like these worksheets.

You can email me for any need, suggestion, or your experiences. I will be happy to help

Regards,  
Shahriyar

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