



Self-Esteem-Experts.com



SUSYN REEVE, M.ED. & JOAN BREINER, M.ED.
WWW.SELF-ESTEEM-EXPERTS.COM

LOVE & ADMIRE ME WORKSHEET

Instructions:

- ✓ Print and complete your Love & Admire Me Worksheet
 - ✓ This worksheet is designed to stimulate the brain on a daily basis so that you experience pride in yourself. This is an important component for building positive self esteem.
 - ✓ Practice Part 2 (below) daily for seven days and notice how much better you feel. Then, when you are feeling low self esteem – notice how you feel and make a choice to change your thinking by focusing on what you admire about yourself.
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PART 1:

- CHOOSE THE CHARACTERISTICS, QUALITIES, TALENTS, SKILLS OR ABILITIES YOU ADMIRE IN YOURSELF AND LIST SPECIFIC SITUATIONS IN WHICH YOU EMBODIED THEM. (**REMEMBER:** WHEN YOU FOCUS ON THE SPECIFIC DETAILS USING ALL YOUR SENSES YOU AUTOMATICALLY REINFORCE SELF ESTEEM BUILDING BRAIN PATHWAYS.)

SEE OUR COMPLETE LIST OF [SELF ESTEEM ACTIVITIES](http://WWW.SELF-ESTEEM-EXPERTS.COM/SELF-ESTEEM-ACTIVITIES.HTML) (WWW.SELF-ESTEEM-EXPERTS.COM/SELF-ESTEEM-ACTIVITIES.HTML)

HAVE QUESTIONS OR SCHEDULE A FREE 15 MINUTE COACHING SUPPORT SESSION
CONTACT US AT SUPPORT@SELF-ESTEEM-EXPERTS.COM

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PART 2:

- EACH DAY, PREFERABLY IN THE EVENING BEFORE YOU GO TO SLEEP, MAKE A LIST OF THE ACTIONS YOU TOOK THAT DEMONSTRATE THE QUALITIES, GIFTS AND TALENTS YOU ADMIRE IN YOURSELF. THE MORE YOU PRACTICE SEEING YOURSELF THROUGH THE EYES OF ADMIRATION THE MORE YOU STRENGTHEN YOUR SELF CONFIDENCE MUSCLE.

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