



TOOT YOUR HORN WORKSHEET

Instructions:

- ✓ Print it and complete the statements. If you cannot answer an item, don't worry - simply complete what you can.
 - ✓ Keep your completed Self Esteem Worksheets handy. The next time you're feeling low self esteem and need a self esteem boost read your **Toot Your Horn** worksheet and be reminded of your natural resources and personal power.
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1. I LIKE MYSELF BECAUSE:

2. I'M AN EXPERT AT:

3. I FEEL GOOD ABOUT:

4. MY FRIENDS WOULD TELL YOU I HAVE A GREAT:

5. MY FAVORITE PLACE IS:

6. I'M LOVED BY:

7. PEOPLE SAY I AM A GOOD:

8. I'VE BEEN TOLD I HAVE PRETTY:

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



9. I CONSIDER MYSELF A GOOD:
10. WHAT I ENJOY MOST IS:
11. THE PERSON I ADMIRE THE MOST IS:
12. I HAVE A NATURAL TALENT FOR:
13. GOALS FOR MY FUTURE ARE:
14. I KNOW I WILL REACH MY GOALS BECAUSE I AM:
15. PEOPLE COMPLIMENT ME ABOUT:
16. I FEEL GOOD WHEN I:
17. I'VE BEEN SUCCESSFUL AT:
18. I LAUGH WHEN I THINK ABOUT:
19. THE TRAITS I ADMIRE MYSELF FOR ARE:
20. I FEEL PEACEFUL WHEN:

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