



POSITIVE EXPERIENCES

Name:

Date:

Help improve your self-esteem and positive thoughts by identifying times when you have shown positive qualities. Use this work sheet to write about a time that you showed kindness, wisdom, happiness, and determination. Remembering these experiences will help to remind you that you have positive qualities. When you're negative towards yourself refer back to this exercise. Find further support @ [Ourstoriesmatter.co.uk](https://www.ourstoriesmatter.co.uk)

Kindness

Wisdom

Happiness

Determination