

## Do It Yourself Activity

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Before we begin to practice self-esteem values in our life, it is necessary to realize where we stand on the positivity scale. The following exercise is designed to present a clear idea on how we view ourselves and how much improvement we need to bring in our thought process. You are requested to be as honest in your answers as possible.

**A small tip** – Write the first answer that comes to your mind.

Fill in the blanks with phrases that you would use to describe yourself in the following areas:

- Education

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- Workplace

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- Friends

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- Family

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- Health

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- Peace

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- Strengths

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- Partner

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- Spirituality

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- Personality

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- Emotions

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- Career

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- Society

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- Children

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- Parents

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- Skill-sets

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- Hobbies

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