



Worksheet – Activity 3 – Appreciating myself

Worksheet: What is self-esteem?

A large, empty rectangular box with a thick dark red border and rounded corners, intended for writing.A large, empty rectangular box with a thick dark red border and rounded corners, intended for writing.

What is self-esteem?

A large, empty rectangular box with a thick dark red border and rounded corners, intended for writing.A large, empty rectangular box with a thick dark red border and rounded corners, intended for writing.A large, empty rectangular box with a thick dark red border and rounded corners, intended for writing.